

THE PRIVATE

KIDS GIVE NEW
PAEDIATRIC WARD
THE NOD

HOSPITAL
EXPANSION
FAST-TRACKED

SAFER SPINAL SURGERY
NOW WITH NO GAP

ISSUE 2



Gold Coast
PRIVATE HOSPITAL



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David Harper, General Manager,
Gold Coast Private, Pacific Private
and Tweed Day Hospitals.



*Everyone has worked very hard
over the past 12 months to make
Gold Coast Private such a success...*

Following the transition to Gold Coast Private we have settled into the new facility very well and have already began our next stage of expansion with construction commencing at the end of this year.

The successful transition was not due to having a world-class facility, introducing new services such as maternity and DOCTO, nor being located in the amazing Health and Knowledge Precinct, but it was due to the fact that we have transitioned with our specialists and staff who have worked together for many years. Everyone has worked very hard to make Gold Coast Private such a success, and it has paid off. I would like to take this opportunity to thank everyone involved over the past 12 months as we could not have done this without you.

Lastly, as we head toward the end of 2016, I would like to thank the Gold Coast community for their overwhelming support of Gold Coast Private this year and wish everyone a very Merry Christmas and a safe and happy New Year.

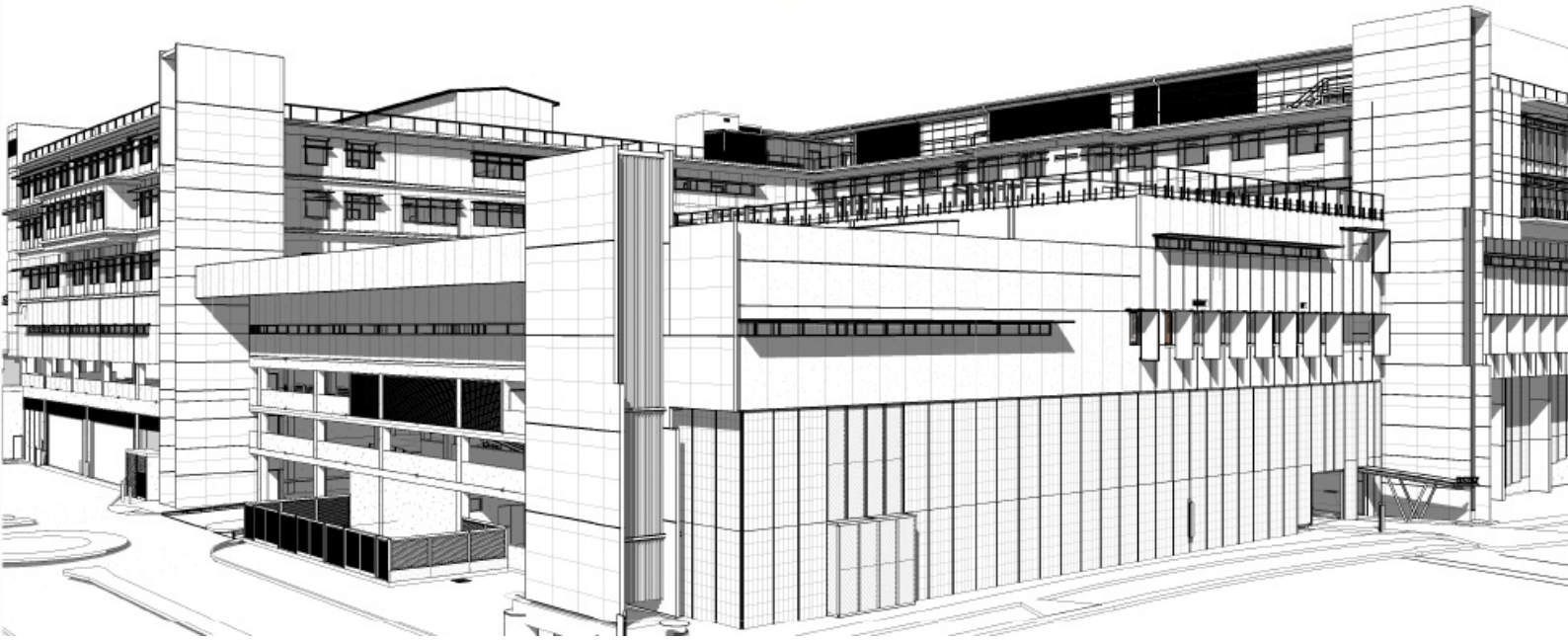
We look forward to an even bigger 2017.



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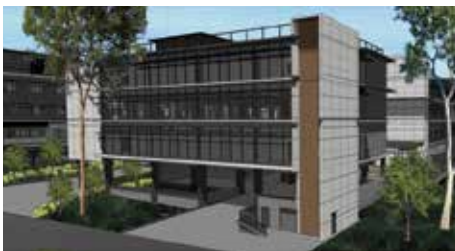


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GOLD COAST PRIVATE FAST-TRACKS SECOND STAGE

Strong demand has prompted the stage two hospital expansion to be brought forward



Gold Coast Private Hospital is fast-tracking construction of its second stage, just months after opening its doors, with patient numbers exceeding expectations.

The \$50 million expansion will increase capacity to 340 beds and 23 operating theatres, with 56 beds and six theatres to open immediately in-line with the strong demand from patients and doctors.

The new stage will include a Day Surgery Unit, surgical ward and expanded theatre floor, with an additional 10 integrated operating theatres and two procedure rooms.

The works will see the hospital go up, increasing some of the building's height from three to four storeys.

Construction is expected to get underway later this year, paving the way to open the expanded facilities by early 2018.

Gold Coast Private Hospital general manager David Harper said it was decided to press the button on the stage two works early to allow for the hospital's continued growth.

"Construction on the second stage was set to begin in 2018, but has been brought forward in-line with projected patient numbers over the coming 12 months," he said.

"We still have plenty of capacity to take an increased volume of patients during that time,

but have decided to push the button on the expansion to ensure we have the facilities available as needed.

"The feedback from patients, staff and doctors using the new Gold Coast Private Hospital has been overwhelming positive and we are committed to ensuring we have the capacity to continue delivering a world-class level of care and experience well into the future."

Mr Harper said it would be the second expansion of Healthscope's offering on the Gold Coast in as many years.

"The first stage provided expanded services and facilities to those that were on offer at Allamanda and that has been reflected in patient numbers, which have increased substantially since opening the new Gold Coast Private," he said.

Gold Coast Private is one of the largest and most modern private hospitals in Australia.

It offers a 24-hour Emergency Care Centre, Intensive Care Unit (ICU), maternity and special care nursery, along with services including cardiac, rehabilitation, oncology, renal and paediatrics. These services are supported by onsite providers of imaging, pathology and pharmacy.



SAFER SPINE SURGERY NOW WITH NO GAP

A lateral TDR can be performed in 20 minutes, in comparison to an anterior TDR which can take up to four hours.



Spinal surgeon, Dr Neil Cleaver, is one of only two surgeons in Australia offering the lateral TDR.

Patients now have better access to safer spinal surgery after the only laterally placed total disc replacement was added to the privately rebatable prosthesis list in Australia.

The Extreme Lateral Total Disc Replacement (XL-TDR) enables surgeons to enter through the side of the body, negating the need for an anterior approach where vital organs and blood vessels need to be moved to expose the disc.

Gold Coast Private Hospital spinal surgeon Neil Cleaver has more experience with XL-TDR than any other surgeon in the country. He is the only doctor offering this prosthesis in Queensland, and one of only two in Australia.

Dr Cleaver has been inserting this device via the extreme lateral approach since 2009 but said the case load had dramatically increased since the prosthesis was made rebatable in May this year.

“The XL-TDR is completely different from a traditional disc replacement in that it can be performed using minimally invasive techniques through a small incision, usually 4 cm to 6cm, in the patient’s side,” he said.

“All other disc replacements require entry through the abdomen which can cause life threatening bleeds, damage the ureters and render a patient infertile.

“Of course these outcomes are extremely rare, but if they happen it can be devastating, so it is best to avoid the risk wherever possible.”

Dr Cleaver said in addition to safer surgery, the XL-TDR also had proven advantages over other total disc replacements, the most significant of which was the preservation of the spine’s biggest stabiliser - the anterior longitudinal ligament.

“The XL-TDR allows for a much more reproducible range of movement compared to traditional disc replacements, mostly because it preserves this ligament at the front of the spine,” he said.

“Traditional disc replacements can over extend because the ligament has had to be removed to insert the prosthesis which can destabilise the spine and cause damage to the facet joints.

“By preserving the anterior longitudinal ligament, patients get better pain relief, more stability and a more natural range of movement.”

Dr Cleaver said the XL-TDR could be inserted at almost all levels of the lumbar spine, except the bottom-most level. All other traditional disc replacements are limited to the bottom two or three levels only.

He said the operating time for XL-TDR was approximately 20 minutes in comparison to traditional replacement procedures which could take up to four hours and often needed the assistance of an access surgeon.

“The XL-TDR is true minimally invasive surgery,” he said.

“The operation requires special training but it can be done in under 20 minutes which is a reflection of how little damage is caused upon entry.

“Procedures using an anterior approach require a three to four day hospital stay, but XL-TDR requires only an overnight visit. In the USA, it is performed as an out-patient procedure.”

The XL-TDR is best suited to young patients with bulged discs or degenerative disease, with or without radiculopathy.

This surgery has no gap for eligible patients.

For more information and referrals please contact:

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PATIENTS GIVEN FREE ACCESS TO 24 HOUR EMERGENCY ADVICE

High quality health care continues outside hospital for Gold Coast Private patients.

Patients of Gold Coast Private Hospital are the first in the country to be given complimentary access to a 24 hour online tele-health service providing on-demand advice from its own emergency doctors.

Co-founded by doctors Jon Field, Tim Harraway and Andrew Jones, Docto is Australia's first tele-medicine hospital that is set to transform the delivery of medicine, making it more easily accessible for all Australians.

Gold Coast Private patients will be able to use the service free of charge to discuss health concerns, ensuring access to high quality health care continues outside their hospital admission.

Docto's director of emergency, Dr Harraway, said providing this additional service demonstrated Gold Coast Private Hospital's ongoing commitment to the care of its patients.

"Gold Coast Private Hospital has partnered with Docto, providing its patients with 24 hour medical advice by qualified emergency medical specialists after the patient has been discharged from hospital," he said.

"Patients who have concerns regarding their health, be it complications from surgery or a relapse of symptoms, can contact Docto at any time of the day or night for everything from advice to prescriptions.

"Docto can also liaise with the patient's own specialist, organise investigations or an

admission if necessary."

Dr Harraway said online medicine was the way of the future.

"We believe that ultimately tele-medicine will become the first port of call for people in need of medical advice," he said.

"Docto enables people to gain expert health advice from anywhere in the world via phone, instant chat, video or email, helping them to determine the seriousness and urgency of their condition, and, if needed, to organise treatment".

Docto director, Dr Field, said emergency medicine was only one facet of the service.

"What we have created is a tele-medicine hospital with tertiary-level medical services made available for anyone, any time, no matter where they are living or travelling," he said.

"We have more than 50 specialists already on board, many of whom operate at Gold Coast Private Hospital, who provide video consultations by appointment.

"We have every specialty covered from maxillofacial, orthopaedics and paediatrics; to infectious disease, psychiatry, gynaecology and travel medicine, as well as a team of allied health professionals including dietitians, speech pathologists and physiotherapists."

Dr Field said while this unrivaled access to medical specialists was a convenience for people in urban areas, it really opened doors for those overseas or in rural and regional Australia, who may be considering travelling for an opinion or treatment.

"Through Docto we can organise a consultation online, potentially averting the need for unnecessary travel," he said.

"For people outside urban areas or overseas, having access to doctors online or over the phone can not only save patients' time and money, it can also save lives."

Dr Field said Docto was not attempting to replace face-to-face consultation, but rather to provide an option for people who may otherwise struggle to get to a specialist.

"Face-to-face consultation will always be superior. The role of general practitioner is crucial and we encourage our patients to get a referral from their GP to see one of our specialists, wherever possible," said Dr Field.

"What we are providing is a platform for people to ask questions and receive advice when visiting a GP or hospital isn't possible or convenient."

Docto provides diagnostic and treatment advice, medical reports and certificates, electronic prescriptions and referrals to the nearest appropriate medical facilities, as well as organises investigations or hospital admissions.

The service is also available for GPs who can call for advice from a specialist at any time.

Medicare rebates apply to eligible patients with GP referrals.

For more information visit docto.com.au

← EMERGENCY
CARE CENTRE



Director of Emergency, Anthony Padowitz with emergency medicine specialists and Docto co-founders, Dr Tim Harraway and Dr Jon Field

FACTS ABOUT OBESITY

Obesity is a chronic illness with many dangerous co-morbidities including stroke, infertility, type 2 diabetes and kidney disease.

The number of overweight Australian's has been steadily increasing over the past 30 years, with Obesity Australia reporting one third of all Australians will be obese by 2025.

Obesity has overtaken smoking as the number one killer in Australia, with data from Australian Diabetes, Obesity and Lifestyle (AusDiab) showing the annual cost of obesity in this country is a staggering \$56.6 billion.

The cost is not only to Australian tax payers, but to the health of those who suffer as they experience lower life expectancy, a variety of health problems and a reduced quality of life.

Young people aged between 25 and 35 with obesity are 12 times more likely to die than those without obesity; while adults who have obesity at 40 years of age die an average of seven years sooner than those with a healthy BMI.

Eight out of 10 people who suffer from obesity will develop one co-morbidity; six out of 10 will develop at least three.

Examples of the long list of these co-morbidities include risks of stroke, infertility, chronic kidney disease and abdominal hernias.

NEW GUIDELINES FOR MANAGING OBESE PATIENTS: HOW FAR DOES YOUR DUTY OF CARE EXTEND?

The use of bariatric surgery as a standard treatment for people with type 2 diabetes (T2D) has been endorsed by 45 international medical and scientific groups, including Australian experts, after new guidelines were published by delegates of the second Diabetes Surgery Summit (DSS-II) in May this year.

The DSS-II guidelines confirm bariatric surgery improves blood glucose control more effectively than any lifestyle or pharmaceutical intervention, triggers dramatic weight loss and leads to long-term remission of T2D.

Based on extensive research, including 11 clinical trials over the past 10 years, the guidelines recommend bariatric surgery as treatment for obese, T2D patients with a BMI over 35 who can't control their blood sugar levels through other means.

It is also suggested that surgery be considered for patients with a BMI of 30 and over if they can't control their hyperglycaemia with insulin.

An article published by the American Diabetes Association, *Metabolic Surgery for Type 2 Diabetes: Changing the Landscape of Diabetes Care*, said the new guidelines provided much needed guidance for general practitioners, endocrinologists, and diabetes specialists about the use of bariatric surgery in the treatment of obese patients with T2D.

In addition to the new DSS-II guidelines, the Australian National Health and Medical Research Council's (NHMRC) published its own guidelines in 2013 that make recommendations regarding the management of individuals who have a BMI greater than 25.0 kg/m² and are at risk or currently have an obesity related co-morbidity.

NHMRC guidelines advise GPs to conduct the five 'As':

Overweight and obesity management model for adults

Establish a therapeutic relationship, communicate and provide care in a way that is person-centred, culturally sensitive, nondirective and nonjudgemental					
Use the body mass index (BMI) to classify overweight or obesity					
BMI <25.0		BMI 25.0–29.9	BMI 30.0–34.9	BMI 35.0–39.9	BMI >40.0
STANDARD CARE			ACTIVE MANAGEMENT		
ASK AND ASSESS	Routinely assess and monitor BMI	Routinely assess and monitor BMI Discuss if BMI is increasing Screen and manage comorbidities (Section 4.4.2)	Routinely assess and monitor BMI (Section 4.2) Discuss health issues Screen and manage comorbidities (Section 4.4.2) Assess other factors related to health risk (Sections 4.4.3 to 4.4.5)		
	Promote benefits of healthy lifestyle	Promote benefits of healthy lifestyle, including reduced energy intake, increased physical activity and behavioural change	Promote benefits of healthy lifestyle, including reduced energy intake, increased physical activity and behavioural change Explain benefits of weight management (Chapter 5)		
ASSIST		Assist in identifying local programs that may be of benefit	Assist in setting up weight loss program: Advise lifestyle interventions (Section 6.1) Based on comorbidities, risk factors and weight history, consider adding intensive weight loss interventions (Section 6.2) Tailor the approach to the individual (Section 6.3)		
			Review and monitoring (Section 7.1) Long-term weight management (Section 7.2)		
ARRANGE					

BARIATRICS AT GOLD COAST PRIVATE

Four of the Gold Coast's leading bariatric surgeons operate at Gold Coast Private - Drs Jorrie Jordaan, Victor Lieu, Harald Puhalla and Greg B Nolan.

The facility has been specifically designed to cater for obese patients with all beds capable of taking patients up to 227 kilograms.

Gold Coast Private also has an onsite wide-bore MRI and CT Angiogram designed to meet the needs of obese patients; while dietitians have created a specialised eating plan for patients undergoing bariatric surgery.



DR GREG B NOLAN

“Bariatric surgery has become an increasingly accepted treatment option for managing morbid obesity in patients. There is also increasing awareness and acceptance that such surgery can be effective in helping to treat metabolic syndrome (type II DM, hypertension and dyslipidaemia).

“Major provisos in bariatric surgery include selecting patients appropriately to recommend safe, effective procedures with acceptably low short and long term complications. The multidisciplinary team is critical to optimising results, as are fellow health care professionals involved with these patients. Severe obesity is a chronic disease and follow-up, ideally should be for life, and that follow-up should also include patient’s physicians and general practitioner.

“Bariatric procedures undergo evolution, extinction, reinvention and modification over time. Gastric banding continues to decline sharply worldwide because of high failure rates. Currently sleeve gastrectomy (SG) is the most popular weight loss procedure in the western world. Sleeve has well overtaken Roux-en Y gastric bypass (RYGB) in America as patients favour less complicated, simpler bariatric procedures with fewer long-term side effects.

“Gastric bypass procedures (including the newer mini gastric bypass (MGB) as well as the traditional RYGB), although more complicated remain the procedure of choice for both revisional patients (i.e. sleeve failures) or helping to resolve severe metabolic syndrome.”

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ASSOCIATE PROFESSOR HARALD PUHALLA

“My highly trained, patient-focused team recognise that bariatric surgery is a lifesaving procedure, not a cosmetic operation. Together with my dietitian and support staff, we work to provide a holistic treatment plan that ensures patient safety and quality outcomes.

“I pride myself on patient care and take the time to build an honest rapport with each and every individual, making sure the surgical procedure is thoroughly explained so they feel confident going into the operation.

“In my career as a bariatric surgeon, I have published more than 100 scientific papers, book articles and abstracts. I am committed to continuous professional development, utilising new technology and dedicating time to educating surgical training registrars, interns and medical students through my role as Associate Professor in surgery and clinical lead at Griffith University.

“I carry out bariatric procedures laparoscopically and only perform operations that have sufficient evidence of positive long-term outcomes with a low malabsorptive component so it is less likely to cause vitamin and micronutrient deficiencies.

“Through my private practice, General Surgery Gold Coast, I offer sleeve gastrectomy, Roux-en-Y gastric bypass and Omega loop gastric bypass and work closely with my team to ensure my patient’s recovery is a smooth process.

“My experience extends to revisional bariatric surgery, enabling me to take care of complications caused by previous procedures.”

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DR JACOBUS “JORRIE” JORDAAN

“A successful surgical weight loss program starts with selecting the right procedure for a patient’s specific needs, and ensuring that procedure is performed with the utmost care and safety. At the Surgical Weight Loss Centre, treatment is tailored to the individual needs of each patient and delivered by an experienced, integrated multidisciplinary team with long-term follow up.

“With over 25 years of surgical experience, I pride myself on having meticulous surgical technique, a low complication rate and ethical conduct. I strive to consistently provide excellent surgical care whilst maintaining a friendly, informal doctor-patient relationship.

“As the Gold Coast Private Hospital’s principal researcher for the independent Bariatric Surgery Registry of Australia, I submit all of my bariatric surgical data for independent peer-review.

“Our bariatric procedures include gastric bypass (both the gold standard Roux-en-Y and the newer Omega Loop or ‘mini’ bypass), sleeve gastrectomy, gastric banding and the latest procedure - SIPS (Stomach Intestinal Pylorus Sparing surgery).

“We’ve been optimising our program for almost 10 years and conduct a detailed pre-operative assessment of each patient’s medical conditions. Our three bariatric nurses micro-manage our patients through their entire journey, while our three dietitians provide customised nutritional advice and our clinical psychologist assesses and educates each patient.

“Having the right information and support helps patients obtain the best results. We ensure our patients are guided through the entire process and supported for the rest of their lives.”

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Oncologist, Dr Marco Matos has seen outstanding results through immunotherapy

IMMUNOTHERAPY GIVING LUNG CANCER SUFFERERS A SECOND CHANCE

Developed to treat melanomas, there is good data supporting the use of immunotherapy in multiple cancers

Cancer drugs that have been used successfully in the treatment of melanoma are now entering the lung cancer space with doctors reporting groundbreaking results.

Nivolumab is one of the new generation immunotherapy drugs, also known as checkpoint inhibitors, that frees the immune system to attack a devastating form of lung cancer.

Trials in Australia, USA and Europe have seen a significant rise in life expectancy, with first year survival rates increasing by 50 per cent in non-selected patients with lung cancer who failed first line chemotherapy.

Gold Coast Private oncologist, Marco Matos, has been treating lung cancer patients with nivolumab since June last year and said the results were astounding.

“Twelve months ago, these patients were failing every treatment available. They were running out of time,” he said.

“Immunotherapy has given them another chance.”

In Australia, nivolumab is available for non-small cell lung cancer as a second line treatment after chemotherapy. There are trials currently underway to test its effectiveness as a first line treatment, and in combination with chemotherapy.

Dr Matos said the ability to use the immune system to control cancer growth by using antibodies, blocking inhibitory proteins or activating stimulatory pathways was an exciting development.

“Utilising the immune system to fight cancers and complement current chemotherapy treatments is giving real hope to sufferers,” he said.

“A new generation of trials are mixing the new immunotherapy molecules with the old cytotoxic therapy and radiation therapy, with the aim of provoking an immune response and allowing for a more active immune system to combat cancers.

“Not only is this therapy extending the life of some patients, many of them are also getting back their quality of life, as the toxicity of checkpoint inhibitors is limited mainly to fatigue, skin rash and itching; and, in only very rare cases, autoimmune reactions.”

Dr Matos said in Australia some checkpoint inhibitors and other immunotherapy drugs were available through Medicare for the treatment of melanoma, but their potential was far reaching.

“Cancer immunotherapy is rapidly evolving,” he said.

“There is good data supporting the use of immunotherapy drugs in bladder cancer, head and neck cancers, kidney cancers, triple negative breast cancer, some colorectal cancers, merkel cell carcinomas, and the list keeps expanding.

“While not everybody responds to it, immunotherapy is still relatively new and will continue to be improved and refined.

“The use of immunotherapy drugs is now a reality. My hope is they will be made more readily available for cancer patients.”

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CHOOSING THE RIGHT NAPPY

Gold Coast Private physiotherapist and Mum-of-three, Tina Parker, helps shed some light on the subject.

When it comes to choosing a nappy, it always pays to do research as there are plenty of options and products available - from traditional cloth nappies, through to disposable nappies and even new 'hybrid' nappies which are bio-degradable and eco-friendly. To help you in your decision, here are some common arguments for and against these different types of nappies for you to consider.

- The environment: Many will argue that contributing to all of those disposable nappies becoming landfill is a major environmental mistake. But interestingly, there are also arguments for the more local environmental impact of natural resource management – there is a lot of water involved in the rinsing, soaking, cleaning (and possibly drying in the dryer) of those cloth nappies. There are new bio-degradable disposable nappies which might be the best solution for those who are eco conscious. Bio degradable nappies are designed to break down quickly in landfill, and there are even 'hybrid' nappies available which have a cloth exterior with a flushable insert.
- Your time: Without a doubt the time it takes to have clean disposable nappies (trip to the shop – or better still, delivery) is less than the time it takes to rinse, soak, wash, hang/dry your cloth nappies, particularly for a sleep deprived mum who is also trying to manage a home, keep herself clean, dressed, fed, and have some quality baby play time. There is, however, a nappy service that collects your bag of dirty cloth nappies and delivers a batch of clean ones!
- Your wallet: Cost is certainly to be considered, but again the cost between purchasing disposable nappies or the cost of purchasing enough cloth nappies to cover you when you hit the wall, feel you need to sleep for a week, and just can't bear to spend an hour in the laundry, added to the cost of nappy cleaning agents, water and electricity usage – is negligible.
- Your baby's bottom: This is where you might find yourself leaning towards the disposable nappies. Disposable nappies are made from absorbent materials designed to draw moisture away from your baby's bottom. Not only does this mean they are less likely to be disturbed from slumber by a wet nappy, but their little bottom has less exposure to wetness which can increase the risk of nappy rash.
- Convenience for travel: Travelling with enough nappies, be it a long trip away to visit family or a day trip to the park with friends, can be tricky as you need to pack for all eventualities. Running out of disposable nappies is a quick trip to the shop for replacements, but running out of cloth nappies can be more of an issue - and there is also the issue of carting home the dirty nappies. A good compromise could be opting for the eco friendly flushable inserts - which fit inside most modern cloth nappies and are often made from bamboo. You can easily replace the line without changing the cloth nappy (in most cases!)
You can, of course, opt to use both. Cloth nappies by day when baby is (hopefully) more awake and can be changed regularly, disposable or bio-degradable nappies by night when you want longer sleeps between nappy changes; cloth nappies for visits to nanna and poppy who might have their own cloth nappy supply; disposable for holidays, day care and other outings for the convenience. Ultimately the choice is yours and what suits you and your baby is the correct choice.



PAEDIATRICS STATE OF PLAY

The ward includes six private, ensuited rooms with a sofa bed for a parent or guardian wishing to stay overnight

Making a hospital visit as bright and engaging as possible is central to the design of Gold Coast Private's new state-of-the-art Paediatric Care Centre.

From colourful themed rooms to a safe 'soft-play' area and the latest technology, patients from birth to 14 years are cared for by a team of nurses and a qualified paediatrician around the clock.

The six bed ward supports both medical and surgical patients, with children now able to be admitted directly from Gold Coast Private's Emergency Care Centre (ECC).

Paediatric nurse unit manager Emma Gerrard said the facility had been carefully designed to suit young patients, with bright colours and wall decals of trees and birds creating a welcoming environment.

"Each of the rooms has a different colour and animal theme including elephant, monkey, giraffe, lion, hippo and zebra," she said.

"As the children come in, they are greeted with their name under their own special animal and together we search to find their room, which has the matching animal. It is a great ice breaker!

"We try to make the experience as enjoyable and engaging as possible from the moment they come in, which can really help to set the tone for the duration of their visit."

Along with the six modern private, ensuited rooms - featuring a sofa bed for a parent or guardian to stay overnight - the ward includes specially designed children's play zones.

A soft-play area has been incorporated as a place for children to crawl and explore, providing a time-out from their medical treatment and assisting with their care.

The play zone is also equipped with dozens of brand new toys and books, along with an X-Box and Wii for older children.

In order to create a family-friendly environment, a large lounge area and computer is available for parents needing to access emails or the internet.

Paediatricians from Leading Steps Paediatric Clinic and independent paediatrician Dr Stephen Withers, work a roster ensuring a specialist is available 24 hours a day, seven days a week in the ward and ECC, which also includes dedicated paediatric beds.

Gold Coast Private's co-location with Gold Coast University Hospital also allows high-need patients to be easily and quickly transferred if necessary.

Mrs Gerrard said the co-location also provided opportunities for continued education and knowledge sharing, which would ultimately benefit patients.



Sophie Gerrard enjoying the facilities in the new paediatric ward; The soft-play area is ideal for younger children



NEW TECHNOLOGY GIVES BEST START TO LIFE

Women giving birth at Gold Coast Private are the first on the Gold Coast to benefit from ground breaking new technology used to assist obstetricians and midwives through labour.

The hospital offers the only obstetric unit in the city with K2 foetal monitoring - a paperless system that allows obstetricians to keep track of up-to-the-minute data on their patients from anywhere, via smart technology.

All five birthing suites at Gold Coast Private are fitted with the technology, which stores antenatal information, labour and postnatal details.

The system is also fitted with an in-built alert that will instantly notify staff if deviations arise, supporting the one-on-one care provided by the midwife during labour.

Gold Coast Private maternity manager, Judy Ross, said K2 foetal monitoring provided an additional level of assurance for both obstetricians and mothers throughout the birthing process.

“The K2 system means obstetricians can keep a really close eye on how the labour is progressing and, for a lot of women, that is very comforting,” she said.

“It provides the obstetrician with an in-depth picture of what is taking place, in a clear and concise way, so they are better equipped to make decisions such as when is the right time to come in and assist with the birth.

“While all mothers receive the one-on-one care and assistance of a qualified midwife, who communicates with the obstetrician throughout the labour, it gives that additional assurance that their health - and their baby’s health - is in the very best hands.”

Ms Ross said Gold Coast Private was also the only hospital on the Gold Coast to offer the latest state-of-the-art Giraffe isolettes, with five of the cots in its special care unit supporting sick or premature infants or those requiring phototherapy.

The unit is equipped to admit up to nine babies, from 32 weeks gestation, and also features a Hamilton Neonatal Ventilator, Bubble CPAP and two Panda emergency resuscitation beds.

“The Giraffe isolettes have an in-built monitoring system, including baby scales, which allow for babies to be electronically weighed inside the cot without needing to be disturbed,” said Ms Ross.

“Traditional cots require moving the baby outside to be weighed on cold scales, which can be traumatic, particularly for a premature baby, so this is a big advantage of the new Giraffe cots.

“The cots can also be used with fibre-optic Biliblankets to maintain phototherapy treatment for jaundice, even while the mother is enjoying skin-to-skin contact with her baby.

“In addition, they have side-mounted phototherapy lights, if additional phototherapy treatment is required.

“Along with providing enhanced care for mum and bub, the user-friendliness of the cots is also a drawcard in attracting the best special care nurses and doctors, who want to work with the latest technology and equipment to help give newborns the best start to life.”

Ms Ross the special care nursery also featured a ‘parents room’ providing an invaluable space for parents and babies to bond.

“This space allows parents to enjoy private time with their growing baby, express in private and establish breast feeding,” she said.

“These are factors new parents can miss out on in a traditional special care unit format, but are all really vital in ensuring parents and their new bub have the same opportunities in this setting as they would in the general maternity ward.”

Ms Ross said across-the-board, Gold Coast Private maternity had been designed for women, babies and their families to be cared for in a beautiful environment with five-star treatment and state-of-the-art equipment.

The unit includes 25 single and double beds, all in ensuited rooms that encourage the partner to stay overnight and fully bond in a family environment.

New mum, Rebecca Jewell with baby Maddison and midwife Haylie Doyle in the Special Care Nursery.



The maternity ward is staffed by highly qualified obstetricians, paediatricians and midwives, including four lactation consultants and midwives who are trained in the latest hypno-birthing and calm-birthing techniques - which are only continuing to grow in popularity with new mothers.

Ms Ross said pregnant women had their first appointment with the midwives at 20 weeks gestation, providing increased support and education during pregnancy.

“Antenatal classes are provided by qualified midwives discussing all aspects of labour, hypno-birthing, calm birthing and post natal support, including lactation support,” she said.

“After the baby is born, new parents enjoy complimentary dressing gowns, chocolate dipped strawberries, a room service snack menu and, on one night, a restaurant themed congratulatory three course dinner, giving them a ‘hotel’ style experience.

“During the stay, mothers are assisted in caring for their baby and supported and educated in feeding their newborn, with Gold Coast Private the only private hospital in the city fully staffed by qualified midwives.

“Care is not stopped on discharge, with new mums also offered the free service of two home visits from a midwife for further support when they return home with their new bundle or joy.”

#BornAtGoldCoastPrivate

A few of the Gold Coast's newest residents who were born at Gold Coast Private.

Since our first babies were delivered on April 14, Gold Coast Private has welcomed more than 100 little bundles of joy through our world-class maternity ward. Here are a few of the Gold Coast's newest residents, born at Gold Coast Private.



INTRODUCING
Noah Becker
PARENTS: CHRISTINE AND VITOR GUARDA

Born: 15/5/16 Time: 2206 hrs Weight: 2930 gms



INTRODUCING
Charlie Poloni
PARENTS: ASHLEIGH AND SEAN

Born: 05/07/2016 Time: 1406 hrs Weight: 3220 gms



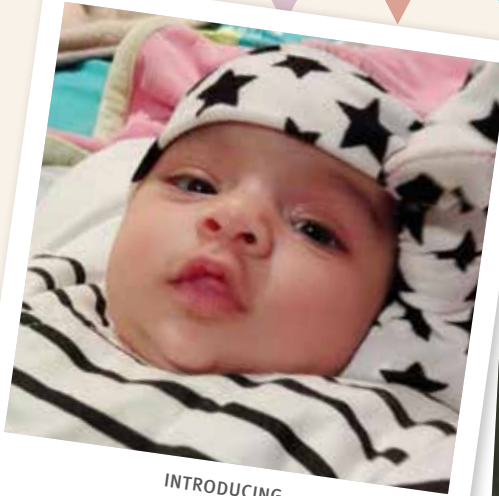
INTRODUCING
Sebastian Thor Cavrese
PARENTS: JESSICA AND STEVEN

Born: 31/03/2016 Time: 1910hrs Weight: 4570 gms



INTRODUCING
Grace & Koby Cassidy
PARENTS: MICHELLE AND BRAD

Born: 13/6/2016 Time: 0749 hrs



INTRODUCING
Anika Bazel
PARENTS: SADIA AND LODHI

Born: 02/04/2016 Time: 1449 hrs Weight: 3450 gms



INTRODUCING
Baby Jewell
PARENTS: REBECCA AND BENJAMIN

Born: 01/04/2016 Time: 1214 hrs Weight: 3136 gms



INTRODUCING
Hayden Blake McLean
PARENTS: MIRANDA AND ANTONI

Born: 04/06/2016 Time: 1037 hrs Weight: 3410 gms



INTRODUCING
Alexis Saurine
PARENTS: NATALIE AND JAIMIE

Born: 04/05/2016 Time: 2300hrs Weight: 3920 gms



INTRODUCING
Archie Best
PARENTS: VICTORIA AND JEREMY

Born: 12/04/2016 Time: 1907 hrs Weight: 3290 gms



INTRODUCING
Kai Adams
PARENTS: FELICITY ROBSON AND JASON

Born: 24/06/2016 Time: 1549 hrs Weight: 3690 gms



First Twins Born

AT GOLD COAST PRIVATE

It was a very exciting time for the Gold Coast Private maternity ward when it welcomed its first set of twins in June, Kobe and Grace, to first-time-parents Michelle and Brad.

The twins, who were delivered by Grace Private obstetrician Tina Fleming, spent their first days being cared for in the Special Care Nursery before going home with Mum at just seven days old.

New mum and founder of Essence of Living yoga studio, Michelle, said while it had been a difficult pregnancy, she forgot all the hardships as soon as her twins were born.

“I was ready to do it all again as soon as I saw Kobe and Grace, we are just besotted with them and feel so blessed to have two perfect babies,” she said.

“The entire experience has been amazing and the Gold Coast Private Hospital was incredible.

“Apart from the amazing food, the best thing was that the friendly midwives were really hands-on and taught you everything you needed to know about being a new mum.

“I was taught how to bath safely, change nappies efficiently, express milk productively, bottle feed easily, sterilise bottles hygienically and sleep soundly.

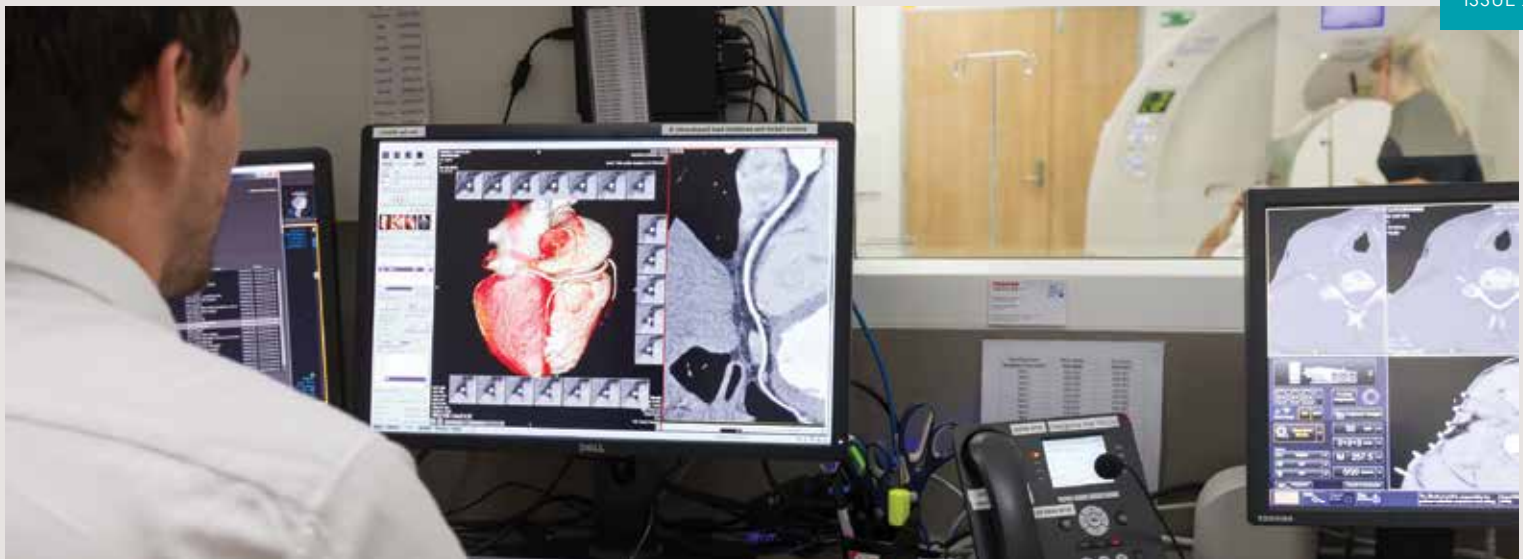
“I feel like I went to mummy school for a week and I can’t emphasise how helpful it was because I had to manage two premature babies which meant feeding, expressing milk and nappy changing eight times each a day.

“For a first time Mum this is invaluable and I couldn’t be more grateful for the care I was given.”

New dad Brad said his little girl would not be allowed to date until she was 30. “I had the talk to Grace as soon as she was born and explained no one would be allowed to take her on a date until she was 30, and that I would be going along to supervise,” he said.



Brad and Michelle Cassidy with their new babies Grace and Kobe - the first twins to be born at Gold Coast Private.



The 4D CT scanner gives 60cm slices, as opposed to other scanners that take 1cm slices

NEW 4D CT SCANNER

THE FASTEST ON THE GOLD COAST

The new CT scanner at Gold Coast Private's imaging provider, Queensland X-Ray (QXR), can perform a CT angiogram in one heartbeat, making it the fastest and most effective scanner on the Coast.

The machine performs four-dimensional studies, adding 'time' to the three anatomical dimensions, and can take images at extremely high speeds, meaning patients spend less time in the scanner.

Short scan times allows for dose and contrast (dye) minimisation, therefore maximising patient comfort regardless of age or size.

The scanner's 78cm wide-bore, patient-friendly flared design also helps to minimise claustrophobia and, coupled with the wider positioning couch, caters to large or obese patients.

QXR radiologist Umesh Patel said the benefits of such an advanced scanner were far reaching.

"At this hospital we can now do a CT angiogram of the heart in one pulse," he said.

"The advantages of this technology are many, from speed of scanning to maintaining accuracy and providing quality results.

"Having a scanner that gives us the largest scanning volume available, as opposed to earlier generation scanners, means that we can scan a traumatised or unwell patient very quickly without compromising image quality.

"The faster we can get the patient scanned with the lowest possible dose and use of contrast, the sooner we can provide the answers to their illnesses and start the correct treatment."

Dr Patel said the scanner also included Single Energy Metal Artefact (SEMAR), which enabled excellent image quality at a lower dose despite the presence of surgically placed metal joint replacements.

"In addition, the low dose auto subtraction feature of this CT allows for the removal of bone and calcium deposits during angiographic examination, improving the diagnostic quality and accuracy," he said.

"It also has 'sure cardio prospective' which allows accurate CTCA scanning of patients with arrhythmias and a fast heart rate."

The scanner performs TAVR scanning, single shot volume scans, 4D scanning, one shot extremity, dynamic MSK, volumetric dual energy tissue classification, bone and calcium subtraction scanning, one shot cardiac and brain perfusion.

"All of these features dramatically improve the CT diagnostic capabilities and accuracy, providing patients and their doctors the best quality images from which to provide the correct diagnosis," said Dr Patel.

QXR supports doctors in caring for their patients and offer a range of options for accessing patient reports and images.



Radiologist, Dr Umesh Patel

GPs and surgeons have access to patient reports, no matter which QXR practice their patient visited, and can be put in touch with the radiologist no matter where they are located on a particular day.

QXR also offer excellent support for access to patient's images online, as well as a one-on-one service for referrers via its Client Service Officers for any referral requests or troubleshooting assistance.

For more information or to book an appointment contact Central Bookings on (07) 5552 5707 or visit www.qldray.com.au.

• • •

WELCOME TO OUR NEW DIRECTOR OF NURSING

• • •



Director of nursing, Debra Billington

Gold Coast Private Hospital has appointed a new director of nursing to provide nursing and clinical leadership to the allied health and nursing teams.

Debra Billington was promoted to the role from her previous position as hospital coordinator where she was part of the team that oversaw the transition from Allamanda Private Hospital to Gold Coast Private in March this year.

Before her role as hospital coordinator, she was the nurse unit manager of a surgical ward at Allamanda.

Gold Coast Private general manager David Harper said Mrs Billington's 14 years experience across various areas of the hospital made her the perfect candidate for the role.

"It was a natural progression for Debra to be appointed director of nursing after working her way up from within the hospital," he said

"Her intimate knowledge of the hospital's inner workings makes her an invaluable team member and has made her transition into the new role a seamless one.

"Debra will lead the nursing and allied health teams in maintaining the highest standard of care that exceeds community expectations."

Mrs Billington said in her new role she would ensure Gold Coast Private provided the best nursing care in the city.

"Team work and a positive culture is the backbone of a successful working environment so I will ensure we are constantly creating a hospital where nurses enjoy coming to work and patients receive the highest quality of care," she said.

"I believe one of the most important roles as director of nursing is to ensure the staff have the opportunities of education and the knowledge to recognise their responsibility to create positive experiences for patients and their families."

Mrs Billington said she was thrilled to be part of such a tight-knit team.

"There are a lot of people who have been a part of the Healthscope family for a very long time which is testament to what a great place this is to work," she said.

"Everyone is proud to work at Gold Coast Private. They enjoy coming to work, they want to be here, and they work as a team. It really is a great community to be a part of."

PEOPLE OF THE PRIVATE

Meet emergency Doctor Dr Jon Field

“The importance of a loving family, keeping fit, good holidays and fine wine is all extremely important”

? HOW DID YOU GET INTO EMERGENCY MEDICINE AND INTENSIVE CARE?

I started out training in obstetrics but I was jealous of my colleagues working in emergency because they seemed to be able to treat everything. I decided that’s what I wanted to do so I began training in emergency medicine, largely in Perth.

During my emergency medicine training I found the intensive care component to be the most stimulating. I gravitated towards looking after very sick patients so I did my fellowship in intensive care medicine. Now I work in both specialties at the Gold Coast Private and the Gold Coast University Hospital and I find them equally rewarding.

? WHAT DO YOU ENJOY MOST ABOUT YOUR JOB?

Intensive care is very rewarding because you can see people get better, literally in front of your eyes, from being incredibly sick and near-death, to literally walking out. The emergency medicine has more of an opportunity to interact with my patients and their families. I find treating patients with minor ailments and injuries is a welcome respite from dealing with the super sick.

? WHAT DO YOU DO IN YOUR FREE TIME?

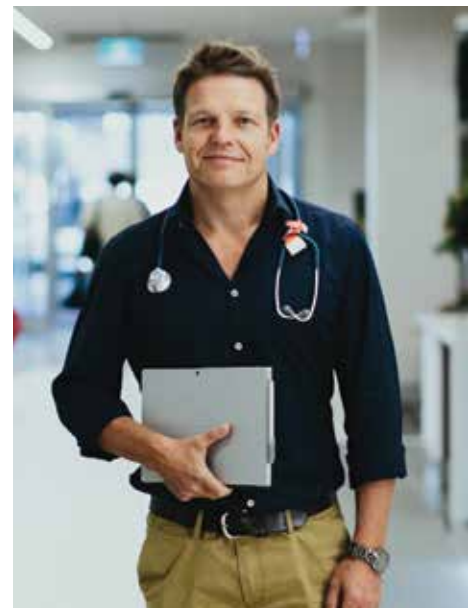
Working in the intensive care unit in particular provides some emotional challenges in terms of dealing with death and end-of-life situations. This makes time out of work crucial. The balance between work-life and home-life is critical in being able to deal with the situations I face at work in a healthy fashion. The importance of loving family relationships, which I’m fortunate enough to have, keeping fit, good holidays and fine wine is all extremely important.

? CAN YOU TELL US A BIT ABOUT YOUR NEW VENTURE, DOCTO?


Over the last 15 years I’ve worked for travel insurance companies. This inspired me to incorporate a group of doctors who were keen to do telephone and online consultations with patients overseas or in remote locations who are unable to access a doctor directly. Hence Docto was born, which is a tele-medicine venture allowing both emergency physicians and specialists of other sorts to provide video consultations with patients.

? WHAT WOULD YOU BE IF YOU WEREN’T A DOCTOR?

Hmm, I would have to go with a professional surfer.



Dr Jon Field - emergency medicine specialist, ICU director, co-founder of DOCTO and aspiring professional surfer.



*Gold Coast Private physiotherapist
Tina Parker shares some of her tips to
help you keep fit and live an active life*

TIPS FOR KEEPING FIT

Living a healthy and active lifestyle doesn't have to be a chore. It is a wonderful way to improve your health, strengthen your body and keep you within a healthy weight range. In addition to the physical benefits, it's extremely rewarding for your emotional wellbeing. The key is to ensure you're consistent and your fitness regime is sustainable. Think of fitness as a wonderful way to nourish your body, not punish it.

Here are a few tips on keeping yourself motivated and active:

STANDING IS BETTER THAN SITTING; WALKING IS BETTER THAN STANDING

If you are sitting for long periods of time make sure you stand up and stretch – it is good for your back and your posture as well as your circulation. If watching TV, take every commercial break as an opportunity to stand up and sit down repeatedly – your legs and buttocks will get a workout as well as your heart.

OPT TO WALK

Park a block away, get off at an early tram or bus stop, leave the car at home and opt to walk. It may not be possible every day so choose a few journeys a week that you walk or ride instead of bus or drive.

FIND AN EXERCISE PARTNER

If you have a friend relying on you to meet for that early morning walk or ride it makes it more difficult to skip the routine and stay in bed. It works both ways – you will be the motivation for them and it will not be uncommon to meet up and both state you would have stayed in bed if it wasn't for the other person.

MAKE IT ENJOYABLE

It is very difficult to stick to an exercise routine that you dislike. If you are not a group exercise person than find your own activity to get you outdoors and moving – walking, cycling, swimming- you can even use an exercise DVD or app. If you find it difficult to motivate yourself and exercise better in a group session, join a gym or utilise one of the many Gold Coast City Council "Active and Healthy" programs that provide free and low cost group exercise options.

TRY SOMETHING NEW

Always wondered about Tai Chi? Been told you need a stronger core and should be doing Pilates? Love the outdoors but haven't seen the top of Mount Warning, Springbrook Mountain or Binnaburra? Know you need flexibility but have never thought of yoga?

Took dance classes growing up but haven't even dabbled in ballroom? Set yourself some goals to try a new activity and commit to it for a few weeks, you might find a new hobby and a new set of friends with it!

DON'T LET PAIN BE A BARRIER

There is significant evidence that various pain syndromes benefit from an exercise program. Talk to a physiotherapist for more advice.

If you have chronic medical issues stopping you and feel you need a more structured program with some specific goals to achieve, Gold Coast Private offers out patient rehab and day therapy programs which provide patients professional advice and individually tailored programs with access to physiotherapists, occupational therapists, social workers, and dietetic input.

For more information please contact Gold Coast Private Hospital

Rehabilitation Care Centre
14 Hill Street, Southport QLD 4215

P: (07) 5530 0125
E: tina.parker@healthscope.com.au

FROM THE MENU

SALMON, CHICK PEA AND LEMON FRITTATA WITH SWEET POTATO CHIPS, STEAMED GREEN BEANS AND TARRAGON AIOLI

*Gold Coast Private executive chef John O'Shea shares one
of the recipes from the Gold Coast Private kitchen*

FRITTATA

INGREDIENTS

- Zest of 2 lemons
- 2 large brown onions
- 2 Tbsp. Cumin seeds
- 1 bunch fresh coriander
- 1 side of smoked salmon
- 1 A10 tin chickpeas
- 2 Kg Ricotta cheese
- 36 eggs
- 1L thickened cream
- Seasoning

METHOD

- Peel skin from lemons, remove pith.
- Place cumin seeds in Thermomix and blend for 30 seconds speed 10. Add lemon skins and blend for 20 seconds speed 6. Add onion and coriander, blend for 5 seconds speed 5.
- Slice smoked salmon, drain chickpeas and mix together with ricotta cheese and mixture from Thermomix.
- Grease jumbo muffin tins. Place a spoonful of mixture into each hole. Mix cream and eggs together and top up muffin trays. Bake for 15 minutes at 180C.

TARRAGON AIOLI

INGREDIENTS

- 2 cloves garlic
- 2 Tbsp. fresh tarragon
- 1 lemon
- Pinch cayenne pepper
- 1 tsp. turmeric
- 500ml Jap Mayonnaise
- Seasoning

METHOD

- Peel garlic and place in Thermomix with tarragon leaves. Chop speed 6 for 6 seconds. Add remaining ingredients and blend together speed 5 for 10 seconds.
- Swipe Aioli on plate, place frittata to the side and garnish with roasted sweetpotato chips and steamed green beans. Top the Frittata with a dollop of tomato relish and a sprig of fresh coriander.



SURGERY TO SALSA

Gold Coast Private surgical nurse, Iuliia Ri, has proved she shines on stage as well as in the surgical ward after taking out the 2016 Australian Nationals Latin Dance Championships.

From surgery to salsa, the 22-year-old cha-cha'd her way to two gold medals at the annual event in Sydney and now has the opportunity to represent Australia at the world championships in Miami, USA. Go Iuliia!



Iuliia Ri

STAFF WELLBEING PROGRAM EXPANDS

It is not just the health of patients being assessed at Gold Coast Private, staff are also being encouraged to live an active and balanced life.

An expanded wellbeing program is putting employees through their paces, with the physiotherapy team providing weekly classes including Pilates, cardio, tai chi and yoga-lates - a combination of yoga and Pilates.

The free or low cost service incorporates relaxation and is aimed at supporting the health and wellbeing of all staff, with exercise long associated with de-stressing and promoting a positive mood.

Now in its third year, the program caters for all circumstances and levels of fitness from beginners through to advanced, and is tailored to suit individual progression.

Any employees looking to kick start a new fitness program are encouraged to take part!

SURGEON AWARDED PRESTIGIOUS FELLOWSHIP

Gold Coast Private would like to congratulate Assoc Prof Ezekiel Tan who was recently awarded the Australian Hand Surgery Society Travelling Fellowship by the Board of the Australian Hand Surgery Society.

The prestigious fellowship, which is awarded bi-annually to one hand surgeon in the country, gives Assoc Prof Tan the opportunity to work with renowned hand surgeons from across the world.



GCP OFFICIAL OPENING GALA



Clockwise from top: Anna Crommerlin, Elenore Ivory, Kristin Grieve, Stephanie Wheeler; Duncan Hope, Michael Brooks; Emma Deboer, Sophie Shephard, Sophie Shephard, Cindy Armati, Ellyse Morley, Ashlee Palmer, Karlee Radcliff, Brooke Atkins, Mel Surman; Elysha Marr, Teegan Guymmer, Sophie La'Brooy; Dr Paul & Mrs Roslyn Klaassen; Fiona Brown, Katrina Ryan; Tess Bell, Bruce Keown, Alix Saunders; Maryann Bidmead, Helen Clark, Lynda Richardson; Dr Ben & Mrs Vanessa Anderson; Kerrie Bishop, Greg Brill; Kathy Schoot, Anne-Marie Buhman, Linda Guerin, Hazel Douglas.



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- ✓ Highly experienced emergency medicine specialists
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📞 55 300 300



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