

THE PRIVATE



**FROM COAST TO COUNTRY
DR ROSS SHARPE'S MERCY FLIGHTS**

**GOLD COAST'S FIRST DEDICATED
COLPOSCOPY CLINIC**

**RENOWNED OBSTETRICIAN
MOVES TO GOLD COAST PRIVATE**

**NEW LIFE SAVING SURGERY
FOR STROKE VICTIMS**



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

Gold Coast Private celebrates a series of milestones, and prepares for a bright new chapter.

The past few months have continued to be very busy across Gold Coast Private with a number of significant events and milestones being achieved, including the introduction of TAVI, completing the hospital's structural heart services.

Radiation Oncology Clinics have commenced their comprehensive cancer service and the hospital has just introduced an apheresis service, which will be quickly followed by the provision of a palliative care service.

We have undertaken a number of CPD events including Women's Health and Brain and Spine, as well as several events in Northern NSW, and have commenced our one hour evening GP education sessions focusing upon new guidelines such as Coronary Calcium scoring, Cervical Cancer screening and current issues such as NIPT.

Each year Healthscope hold the Healthscope STAR awards which recognise, celebrate and reward the exceptional STAR performers across Healthscope's 45 hospitals. This year our Paediatric Care Centre was nominated as a team finalist in the 'Service Excellence' category, with our Food Services Team taking home the prize of this year's winner of the 'Aspiration' category.



Gold Coast Private Hospital, Parklands, Southport

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

CONSTRUCTION ON TRACK FOR MARCH COMPLETION

Expansion program fast-tracked to provide quality patient care.

The \$50 million stage two expansion of Gold Coast Private is well underway and on track for completion in March 2018.

The expansion, which began less than 12 months after the facility opened, will inject an additional 30 beds and six theatres to the hospital, as well as five new specialist suites and a new day surgery unit.

Gold Coast Private general manager, David Harper, said construction was running smoothly with the external facade of the new structure now complete.

He said the hospital had been designed from the outset to facilitate the stage two expansion with minimal disruptions to its operations, and had been fast-tracked to meet patient demand.

"Stage two will see our services expanded and capacity increased, ensuring we continue to deliver high quality healthcare in a calming environment, so patients receive optimum care in the utmost comfort," he said.



"This expansion was initially planned to begin in 2019 but strong demand from doctors and patients prompted Healthscope to bring forward construction.

"The extensions are being constructed within the current footprint of the existing hospital, adding another level to the eastern side of the building, enabling the hospital to remain fully functional during the construction phase.

"The \$50 million expansion will increase capacity to 340 beds and 23 operating theatres, with 30 beds and six theatres to open immediately, and the others to become operational in-line with demand.

"The new stage will also include a four-theatre day surgery unit, an additional surgical ward and expanded theatre floor.

"Construction will be complete in time for the 2018 Commonwealth Games, with stage three expected to commence in 2020."

Mr Harper said the expansion included the opening of a new Radiation Oncology Clinic (ROC) that was now operational on the Lower Ground 3 level of the hospital.

"ROC is one of Australia's fastest growing radiation therapy providers, delivering exceptional cancer care to patients, using the latest technology and expert clinicians," he said.

"The new centre offers advanced treatment techniques including External Beam Radiation Therapy (EBRT), Deep Inspirational Breath Hold (DIBH) and Volumetric Modulated Arc Therapy (VMAT) with a patient-centric approach.

"The Centre follows our ethos of creating a warm, welcoming facility with a primary focus on patient needs and effective clinical operations."

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CITY-FIRST COLPOSCOPY CLINIC EASES ANXIETY

New clinic to focus on fast diagnosis and treatment in a friendly environment.

The city's first dedicated colposcopy clinic has opened at Gold Coast Private Hospital, giving women access to an outpatient service offering cervical examinations, biopsies and Loop Excision of the Transformation Zone (LETZ) in minutes, under local anaesthetic.

Headed by gynaecologist, Graeme Walker and supported by his wife Hilary - who is currently Australia's only diagnostic and therapeutic nurse colposcopist - the Gold Coast Private Colposcopy Clinic is designed to ease the anxiety around an abnormal Pap smear and the cost associated with follow up testing and treatment.

Dr Walker said the colposcopy clinic would allow the majority of patients to avoid general anaesthetic, be seen within days of referral and experience lower out-of-pocket expenses.

"We set this clinic up in consultation and partnership with Gold Coast Private Hospital with the intention of making it accessible to everyone, regardless of whether they have private health insurance or not," he said.

"In addition to providing women with a caring environment, the clinic will test and treat the expected increase in women being referred to colposcopy when the new HPV testing takes effect in December this year.

"It is predicted the new form of testing will see a 20 per cent increase in referrals and we want to ensure these women can access colposcopy procedures quickly to ease their mind and, when necessary, allow them to receive treatment straight away.

"By providing a low-cost private alternative, more women will also be able to choose treatment outside of the public

system, reducing waiting times, and access the procedure without the need for a hospital admission."

Dr Walker said the clinic would service a range of referrals, including clinically suspicious cervix, cervicitis and cancer, in a 'safe haven' of quality care.

"Studies have shown colposcopy is one of the most stressful medical procedures for patients, resulting in anxiety levels similar to that of someone undergoing major surgery or a pregnant woman being told there is an abnormal protein test," he said.

"Our focus is on relieving this anxiety by creating a calm and safe environment, quick and efficient testing and treatment and strong lines of communication, so women are well educated on what their individual circumstances are and the next steps they need to take.

"I have been performing colposcopies for almost two decades and, in my experience, while the thought of the procedure is quite stressful, if done correctly, women barely feel the anaesthetic or the following treatment. Removing the need for hospital admission further reduces the anxiety."

Dr Walker said making colposcopy an easy to access and cost effective procedure was vital, with more than 320 women dying in Australia from cervical cancer each year, despite treatment - when abnormalities are detected early - being extremely effective.

"Removing the anxiety associated with the procedure is important in ensuring women undertake the necessary testing and treatment for early detection of cervical cancer," he said.

Dr Walker said doctors also needed to always be mindful of the possibility of cervical cancer as a differential diagnosis, irrespective of the age of the patient.

"We have had an 18-year-old with cervical cancer that sat for some time, as everyone thought 'it cannot be that'," he said.

"If there is unexplained bleeding, cervical cancer should always be considered as a differential until proven otherwise."

Dr Walker said, under the changes to testing to come into effect in December, more older women were likely to be referred to colposcopy.

"HPV is a virus that does not automatically lead to an abnormality and there is going to be a reasonable sized cohort of women who return a positive result to high-risk HPV who have never returned a positive cytology and are suddenly told they require a colposcopy," he said.

"As a result, we are going to have some very anxious women sitting in our surgeries thinking 'I've never had an abnormal Pap Smear, why is this happening now and what is HPV'."

Gold Coast Private Colposcopy Clinic is located at Suite 15, Gold Coast Private Hospital.

Women who do not have private health cover will be charged a one-off fee of \$350, which includes referral, colposcopy, biopsy and, when necessary, recall and LETZ, while women with private health insurance are eligible to be fully-covered for the procedure, depending on their level of cover.

FOR INFORMATION CONTACT:

Dr Graeme Walker
Gold Coast Private Hospital
Suite 15, Ground Floor
14 Hill Street, Southport Qld

P: (07) 5530 0770
W: www.goldcoastprivatehospital.com.au

Hilary Walker, Dr Graeme Walker and Sophie LaBrooy provide colposcopy as an outpatient service in a friendly and safe environment.

DECADES OF DELIVERIES FOR DR SINGH

Dr Maneesh Singh: "The hospital provides a nurturing environment that takes a holistic approach to childbirth and parenting, whilst prioritising safety of the woman and baby"

After delivering babies around the world for more than 20 years, it is pretty safe to say not much surprises obstetrician Maneesh Singh.

"I've encountered most types of rare and complicated deliveries and conditions at least once; some twice," he said.

Starting out as an obstetrician in 1997, Dr Singh was delivering up to 20 babies a day in the hospitals in the North-West of England for the National Health Service (NHS).

"Most days it was a juggling act. You were always thinking on your feet," said Dr Singh.

"Working in such a fast-paced environment was a challenge, but it was an introduction to obstetrics that has allowed me to provide the highest level of clinical care to my patients."

Almost two decades on, Dr Singh is enjoying his role as an obstetrician more than ever.

"I love getting to be part of the entire journey - from preconception, the first scan, to birth and postnatally," he said.

"When you go through a pregnancy with someone, you develop a really good relationship, not only with the woman, but also her partner.

"Having people put their trust in me with their most precious cargo is truly humbling; I couldn't think of a better job."

The renowned obstetrician said the internet and social media were some of the biggest challenges to the industry, arming women with a myriad of opinions and ideas that could sometimes be dangerous.

"In recent years, I've seen a shift towards women being absolutely focused on a vaginal birth and social media has been the major driver," he said.

"There are lots of advocates for natural deliveries and natural therapies, which is fantastic, but safety must be paramount and not everyone can achieve that 'birth plan' safely.

"With the rise of social media, people hear amazing stories of natural births going smoothly, but the truth is, only about 10-20 per cent of women can achieve that kind of delivery.

"In reality, there are a lot of factors at play and there is no room for error.

"It is a double-edged sword but correct information can be extremely valuable. To this end, I have created podcasts to educate women on the many areas of obstetrics and gynaecology."

Dr Singh said women could have aspirations for their delivery, but they needed to accept that things might not always go to plan.

"At the end of the day, you've just got to put safety first and the journey second, while respecting maternal choice" he said.

Dr Singh and his trusted midwife, Margaret-Mary Dolan, are now delivering exclusively at Gold Coast Private, opening new, state-of-the-art rooms onsite for their practice, The Women's Health Centre, which incorporates obstetrics and gynaecology.

He said the opportunity to work in a world-class facility was 'too good to pass up'.

"When Gold Coast Private was being designed, obstetrics was a huge focus and the result is a patient-centric maternity ward that is the most technologically advanced in the city," said Dr Singh.

"The hospital provides a nurturing environment that takes a holistic approach to childbirth and parenting, whilst prioritising safety of the woman and baby.

"The facility has a fantastic Special Care Nursery for premature or sick babies and a highly experienced team of midwives and paediatricians. These factors are critically important, particularly when it comes to high-risk pregnancies."

Dr Singh said Gold Coast Private also offered the latest in robotic technology, enabling him to perform surgery using the most up-to-date techniques.

"Robotics is the future of gynaecological and endometriosis surgery and I now have access to the best equipment on the market," he said.

"At Gold Coast Private, I hope to continually push the boundaries of obstetrics and gynaecology, both in the clinical sphere and through research.

"The general manager, David Harper, has been really supportive and receptive to my ideas; while the location means I can forge links with Griffith University and the public hospital for collaborative studies.

"More importantly, I am in a world-class facility, surrounded by the best possible people and a team of highly-skilled surgeons and physicians to provide the ultimate care in obstetrics and gynaecology."

FOR MORE INFORMATION VISIT:

Dr Maneesh Singh
Gold Coast Private Hospital
Suite 18, Level 1
14 Hill Street, Southport

P: (07) 5594 9496

F: (07) 5594 9102

W: thewomenshealthcentre.com



Obstetrician and gynaecologist, Dr Maneesh Singh on the maternity ward and in theatre at Gold Coast Private.

LIFE SAVING TREATMENT ADDED TO EXPANDING NEUROSURGICAL SERVICE

Bypass brain surgery a unique offering at Gold Coast Private

Gold Coast Private is the only private facility in the city offering new life saving surgery for stroke victims after renowned neurosurgeon Lee Yang joined the team.

The hospital is expanding its neurosurgical service to include neurovascular surgery - a specialised area in which Dr Yang is highly trained after working in some of the best neurosurgical centres around the world.

Dr Yang is the only neurosurgeon in Queensland – and one of a handful of specialists in Australia - who can perform bypass brain surgery; a procedure used to clear a blocked artery in the brain, similar to a cardiac bypass.

He said having the ability to perform this life saving operation would offer a new dimension to the hospital's neurosurgical service.

"Bypass brain surgery is very challenging but it provides real hope for patients who have suffered a stroke," he said.

"This procedure can have a profound impact on a patient's life, in most cases aiding significantly in their recovery and offering a new lease on life."

Dr Yang, who completed the majority of his training in Sydney, said he was also lucky to have studied in Cleveland, Ohio in the United

States, as well as at the world's leading neurosurgical facility - Shanghai Clinical Centre of Neurosurgery in China.

He said although he had trained and worked in hospitals around Australia and the world, nothing compared to his experience at Gold Coast Private.

"This really is a world class facility," he said.

"The technology at Gold Coast Private is second to none, in particular the microscope and navigation system, which enables surgeons to provide a higher quality neurological service for patients.

"Everything is brand new which makes it safer for patients and more reliable for surgeons.

"It really is a pleasure to work here and I am pleased to bring my global experience to Gold Coast Private and offer patients the latest techniques in spine, brain and advanced neurovascular surgery."

FOR MORE DETAILS CONTACT:

Dr Lee Yang
Gold Coast Private Specialist Suites
Ground Floor, 14 Hill Street, Southport

P: (07) 5530 0770

F: (07) 5530 0687

W: goldcoastbrainandspine.com.au

LATEST ROBOTIC TECHNOLOGY IMPROVES PATIENT OUTCOMES

Gold Coast Private remains at the forefront of new technology.



Gold Coast Private Hospital remains at the forefront of robot-assisted surgical practice, and is the only hospital in the city with access to the latest technology to improve patient outcomes across a number of procedures.

Gold Coast Private is the first to secure the latest model of the \$3 million da Vinci Xi - a minimally invasive robotic surgical system which optimises outcomes in the areas of gynaecology, urology, thoracic, cardiac and general surgery.

The da Vinci Xi promotes control and precision by providing a highly magnified view of the target area, with surgeons guided by small, robotic wrist instruments which are significantly more stable than a human hand, with a wider range of movement.

Gold Coast Private's orthopaedic team is also the first in the city to operate using the latest Mako Total Hip and Partial Knee robotic systems, which improve accuracy and reduce pain by allowing surgeons to provide a 'patient-specific' service.

The new Mako system produces a custom 3D model of the patient's hip or knee joint, which enables better pre-operative planning, resulting in more accurate positioning of implants using visual, auditory and tactile feedback from the robotic arm.

Gold Coast Private Hospital general manager David Harper said it was important to keep pace with advances in robot assisted surgery to ensure 'best practice' outcomes for patients across the board.

"This area of medical technology is evolving quickly, and our commitment to regularly reviewing and updating our equipment means that our patients can be confident that they are receiving the best possible treatment," he said.

"Robot assisted surgery is something we expect to become increasingly common over the coming years, so Gold Coast Private is aiming to stay ahead of the curve with the latest models, systems and software.

"Our goal is to have cutting-edge equipment, in the hands of the very best surgeons on the Gold Coast."

Mr Harper said all robotic systems were still fully operated by surgeons.

"To this end we offer extensive training and up-skill programs for our surgeons to ensure they are completely proficient in operating new equipment," he said.



FROM THE COAST TO COUNTRY CARDIOLOGIST OFFERS CRITICAL CARE TO RURAL PATIENTS

A Gold Coast Private surgeon is on a mission to improve heart health in rural and Indigenous communities.

The journey from the Gold Coast to Moree takes more than 12 hours return by road, but for cardiologist Ross Sharpe the mercy trip is literally a flying visit. The Gold Coast Private surgeon, who is also a pilot, captains his own light aircraft to the remote New South Wales town every month to provide life saving treatment to the rural community. Since he began almost two years ago, Dr Sharpe and his cardiac technician, Matthew Morall, have voluntarily assessed around 1,300 patients, some of who have travelled up to six hours to visit the facility, from as far as Lightning Ridge and communities west of Goondiwindi. Dr Sharpe said while the clinic was open to everyone, it was primarily focused on improving the health of Indigenous people.

“Due to the prevalence of childhood rheumatic fever in Indigenous communities, the population has a high incidence of rheumatic heart disease, which leads to leakages and narrowing of the heart valves,” he said. “Indigenous people also have a high risk of developing coronary disease as a result of their increased susceptibility to Type 2 diabetes. “These conditions can lead to significant complications and, if left untreated, can be life threatening. “Our Cardiac Clinic in Moree can detect and monitor these conditions through regular, non-invasive testing, like echo-cardiograms, ultrasound scans and stress tests, and prescribe medication or further treatment if necessary.”

Dr Sharpe said the cardiovascular statistics for rural patients were staggering, with morbidity and mortality rates sitting at around 50 per cent higher than those in regional areas or cities. “People in rural communities, Indigenous or otherwise, have a significantly increased risk of dying from cardiovascular conditions than those living in cities like the Gold Coast, simply due to a lack of access to services and specialists,” he said. “The toll of travelling to the city to see a doctor can be stressful and costly - be it for cultural reasons, or due to time spent away from family or work. “The remote clinic allows patients to receive cardiac testing and specialist care in their own community, which is a huge advantage and ultimately a huge saving on the public purse.” Dr Sharpe said between 5 and 10 per cent of patients who visited the clinic required surgical interventions and were referred to hospitals on the Gold Coast, Tamworth or Newcastle.

“While these patients still need to travel, the entire process is streamlined and they often only need to visit the city once for the operation, rather than several times for testing and post-operative care, as we can provide the follow up care in Moree,” he said. Dr Sharpe said he had been inspired by the gratitude of his patients and the stoicism of the local community. “I remember a farm hand who, before he got his pacemaker, would fall unconscious, dust himself off and continue to work,” he said. “It is not unusual to hear that sort of story. These people just battle on. They put up with the worst symptoms and brush it off as if it is nothing. “Not only are they tough, they are grateful. They are incredibly appreciative that we make the effort to visit; and that makes the trip worthwhile.” While Dr Sharpe is not the only surgeon visiting Moree, he would love to see the service expanded. “These people need more than just cardiac care and we hope to encourage a wave of specialists to help their rural compatriots.”

For more information contact:
Dr Ross Sharpe
P: 1300 912 345
F: (07) 5532 9890
W: sharpecardiology.com.au

Coastal Hearts & Vascular – Southport
Gold Coast Private Hospital
Ground Floor, Suite 9
14 Hill Street
Southport QLD 4215

Coastal Hearts & Vascular – Hope Island
Harbour Point, Suite 5, Level 1
8 Santa Barbara Road
Hope Island QLD 4212

Sharpe Cardiology – Southport
2 Drury Avenue
Southport QLD 4215

Sharpe Cardiology – Ballina
32 Tamir Street
Ballina NSW 2478



Cardiologist, Dr Ross Sharpe, with his private aircraft he pilots to Moree to run a free cardiac clinic.

MATERNAL FETAL MEDICINE HELPING HIGH-RISK PATIENTS



Dr Adriana Olog, one of the founding members of Grace Private, an all-female obstetrics and gynaecology practice at Gold Coast Private.

The City's only practicing obstetrician qualified in Maternal Fetal Medicine (MFM) is providing continuity of care for high-risk patients at Gold Coast Private Hospital.

Dr Adriana Olog is one of only a handful of subspecialists across Australia and New Zealand who manage complex pregnancies from diagnosis through delivery, administering in-utero treatment where necessary.

Dr Olog said the highly specialised stream of obstetrics provided comprehensive diagnosis and treatment for mothers experiencing un-routine pregnancy and babies with complications.

"I see families who have experienced complicated pregnancies in the past and women with chronic health conditions, as well as babies with birth defects or growth problems," she said.

"In most of these cases, MFM specialists diagnose the condition through advanced ultrasounds and blood tests, and monitor the pregnancy, before an obstetrician takes over their care during birth.

"As an MFM specialist and practicing obstetrician, I am able to care for these patients through the entire pregnancy and birth."

Dr Olog said advanced technology at Gold Coast Private enabled her to screen and assess women onsite in the Grace Private rooms where the latest ultrasound equipment allowed contemporary and comprehensive assessment.

"If we detect an issue, we can begin testing and offer counseling and management immediately, meaning expectant parents don't have to endure the anxiety and worry of waiting to see a specialist elsewhere," she said.

Dr Olog completed her subspecialty training at Brisbane's Mater Hospital Centre for Maternal Fetal Medicine, before returning to Gold Coast University Hospital where she was one of the founding members of the Maternal Fetal Medicine department.

She then became one of the founding members of Grace Private, an all-female obstetrics and gynaecology practice within Gold Coast Private Hospital.

"Previously, local women would have to travel to Brisbane to be treated by a Maternal Fetal Medicine specialist, impacting on the continuity of their care," said Dr Olog.

"When you have a family with a complex pregnancy, seeing someone locally to answer your questions is invaluable.

"We know that these families do best when we make their journey smooth, but also when there is consistency in the information given to them."

Dr Olog has treated a range of conditions during her career, from genetic or structural concerns, through to multiple pregnancies.

In a Gold Coast first, Dr Olog performed blood transfusions on a baby in-utero, who had developed anemia because of an incompatibility between the blood types of the mother and her child.

"This baby got very sick and desperately needed blood, otherwise he could have suffered heart failure, which can be fatal," she said.

"We had to do a blood transfusion, inserting a needle into the placenta to infuse the baby with blood while he was still in the womb.

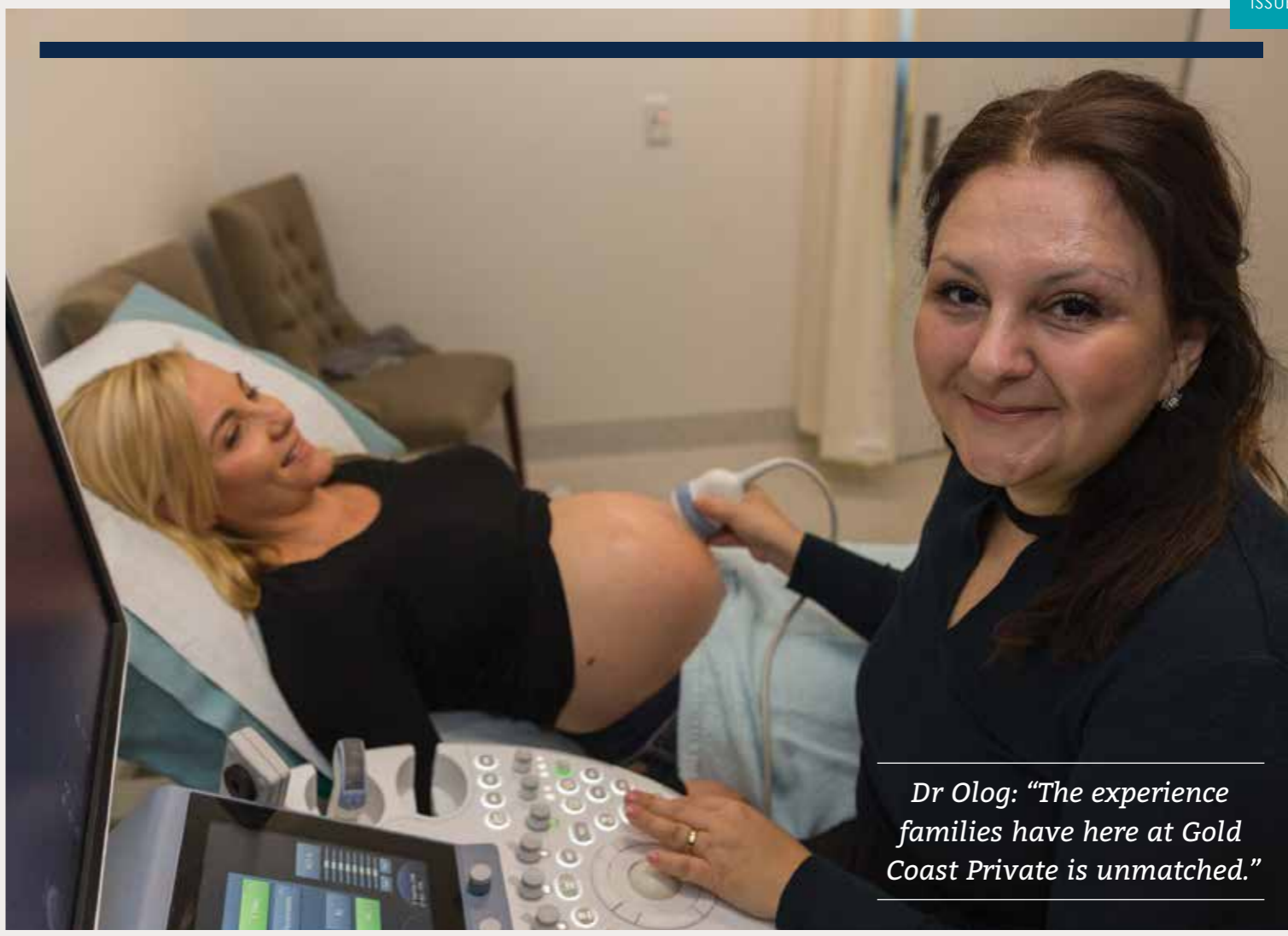
"After two transfusions we could deliver him safely, and I'm proud to say baby Harrison is now a healthy two-year-old. It was a huge achievement for Maternal Fetal Medicine on the Gold Coast."

Dr Olog said she was inspired to pursue a career in MFM after witnessing a birth for the first time during medical training.

"It completely changed my life. For me, it was immediately obvious that I had an affinity with obstetrics and needed to look after women in labour and delivery," she said.

"I was exposed to different conditions and complications, and was drawn to those women and families who had a challenging story.

"The difficult journeys give me the most satisfaction and reward."



Dr Olog: "The experience families have here at Gold Coast Private is unmatched."

Dr Olog and her patient in her Grace Private suite at Gold Coast Private Hospital.

Dr Olog is available for referrals for general and routine pregnancy care as well as high-risk pregnancy management, from her Gold Coast Private clinic. She also offers all routine, as well as complex pregnancy ultrasound assessment through Grace Private where she works with her highly trained sonographers to offer exceptional care for all women.

"I have trained and worked across Australia, in both private and public settings, and the experience families have here at Gold Coast Private is unmatched," Dr Olog said.

"The quality of environment, staff and service combine to deliver an incredibly holistic approach to patient care.

"When families come back and their baby is six weeks old, the smile on their face and their positive stories speak volumes."

FOR MORE INFORMATION CONTACT:

Grace Private
Gold Coast Private Hospital
Suite 5, Ground Floor
14 Hill Street, Southport, 4215

P: (07) 5594 7632
F: (07) 5574 4812
E: reception@graceprivate.com.au
W: www.graceprivate.com.au
Facebook: @Grace Private



TOP MARKS FOR REHAB TEAM

Gold Coast Private rehab patients go home sooner than patients in other units across Australia

Gold Coast Private’s rehabilitation ward is, in many ways, the heart of the hospital - taking in patients from all wards - and all walks of life - for a fresh start.

The rehabilitation team is expanding to keep pace with the needs of up to 52 in-patients and 20 out-patients per day, with Dr Ming Wong recently joining Dr Michael Johnson and Dr Chin Wong, supported by a team of specialist nurses, allied health professionals and administrative staff.

The team prides itself on its capacity to deliver patient-tailored programs to allow participants to achieve the best possible recovery from serious illness or injury, including an accident, recurrent falls, cardiac arrest, neurological trauma, surgery or persistent pain.

Recent results from the Australasian Rehabilitation Outcomes Centre for length of stay show that Gold Coast Private patients go home sooner than those in other rehabilitation units across the country. The results also show that Gold Coast Private patients can expect a greater improvement than those in other rehabilitation units.

Dr Michael Johnson, who leads the ward’s medical team, said Gold Coast Private’s in-house approach to all aspects of rehabilitation was the key to consistently outperforming other units.

“Unlike other hospitals on the Gold Coast, all of our rehabilitation equipment, services and staff are under one roof, which means patients do not have to be transported to different facilities or sent to visit certain staff in other areas,” he said.

“This is a huge advantage because it streamlines the whole recovery process by minimising disruption to the patient’s

schedule and allowing all staff involved with a patient to easily connect and discuss treatment.

“Rehabilitation covers a huge spectrum of patient needs, from those who have a goal to learn to stand, walk or speak again following a major stroke, through to people who need to adapt to a hip or knee replacement or recover following a fall or fracture.

“To this end, we have a whole range of state-of-the-art equipment, including special frames designed to assist patients to stand or walk, plus A-grade fitness apparatus like treadmills, exercise bikes and weight machines.

“We have staff specialists in physiotherapy, occupational therapy, speech therapy and dietetics – who can address the holistic needs of our patients. Social workers are also available to provide counselling to help patients adjust, particularly following major trauma, like an amputation.

“Rehabilitation is about healing the whole person, physically and mentally, and preparing them to be as independent, mobile and confident as possible before they return to their home life.”

Rehabilitation and Allied Health Manager Anna Arden said the unit now had an increased focus on injury and illness prevention through its day program, which can be accessed by any member of the public with a relevant doctor referral.

“We have a multi-faceted out-patients program which is designed to address individual needs such as reducing the risk of falls and cardiac incidents by teaching people to better manage their lifestyles and increase their natural mobility in a safe way,” she said.

“While the majority of our program for both in-patients and day patients takes place in our three purpose built gymnasiums, we also



Allied Health and Rehabilitation Manager Anna Arden says watching patients put in the hard yards and make the big gains is what motivates her.

make use of the hospital’s courtyard garden for outdoor exercise, which includes Tai Chi classes and other low impact activities.

“The day patient program runs twice weekly over a six week period, with patients working with our staff for three hours per appointment.

“We also have short stay programs for in-patients following surgery, with a similar aim of regaining independence, teaching them self care techniques and strategies to prevent further injury and promote fast recovery.”

“Patients, their families and referring doctors can be confident that our team can provide an excellent service and achieve great results.”

FOR MORE INFORMATION CONTACT:

Gold Coast Private Hospital
14 Hill Street, Southport, 4215

P: (07) 5530 0125
F: (07) 5530 0650
W: goldcoastprivate.com.au/services/rehabilitation



One of Gold Coast Private’s purpose-built rehabilitation gymnasiums, which includes state-of-the-art equipment to cater to a variety of patient needs.

NON-OPERATIVE MANAGEMENT OF DUPUYTREN'S CONTRACTURE

*Non-surgical approach can improve mobility
for those with crippling hand condition.*

A Gold Coast Private specialist is the only doctor on the Gold Coast using a new non-surgical approach to effectively treat a crippling hand condition.

Dupuytren's contracture is a common genetic disease that results in the curling of a patient's fingers into their palms. Previously, the only treatment available was surgery to remove the diseased tissue.

Hand and upper limb surgeon Randy Bindra started using enzyme injections in the United States five years ago, before introducing the therapy to Gold Coast Private patients.

"The procedure allows us to inject a tiny amount of Collagenase Clostridium Histolyticum into the patient's hand, to soften the hard cord that causes the fingers to bend," said Dr Bindra.

"The injection is usually administered in up to three positions along the cord, to spread the enzyme over the affected area.

"The treatment takes effect immediately, before a specialist can straighten the patient's fingers and break up the cord a few days later. Patients resume normal activities sooner than surgery, and can even drive home after the procedure."

Dr Bindra said the major benefit of the treatment was shorter recovery times than traditional surgical methods.

"With surgery, patients have to wait up to three weeks before they'll observe significant healing," he said.

"Using the injections, patients can experience slight bruising and swelling, but they're exposed to minimal post-operative pain, and don't need ongoing hand therapy.

"Further, as the injections are performed as an out-patient procedure, it means no hospital, theatre, anaesthetic or assistant fees."

If patients don't receive the desired outcome following the treatment, they are still eligible for surgery.

Dr Bindra, who is the only surgeon offering the treatment on the Gold Coast, estimates 1,500 Queenslanders are diagnosed with Dupuytren's contracture each year, with around 1,200 requiring treatment.

"The condition starts as a small knot or nodule in a patient's palm, and most commonly affects the ring finger. Over time, the nodule develops into a cord, stretching into the finger, which causes the digit to bend downwards," he said.

"The most common causes are genetic, but patients with diabetes or liver disease are also at risk."

Dr Bindra said while the patient would pay slightly more up front for the treatment than traditional surgery, it could still prove to be more cost-effective.

"The reduced recovery time means patients can usually get back to work sooner, providing savings in the long-run," he said.

"I don't believe the injections entirely replace the need for surgery, but they offer another option to patients who might not otherwise seek treatment, because of the impact surgery has on their lifestyle."

FOR MORE INFORMATION CONTACT:

Dr Randy Bindra
Gold Coast Private Specialist Suites
Ground Floor, 14 Hill Street, Southport

P: (07) 5530 0770

F: (07) 5530 0687

W: randybindra.com.au



Opposite: Hand and Upper Limb Surgeon, Dr Randy Bindra, offers a non-surgical treatment that helps patients get back to work sooner.



PRECIOUS GIFT: HOW A GOLD COAST WOMAN HELPED A COUNTRY COUPLE FULFIL THEIR DREAMS OF FATHERHOOD

On a cattle property 20 kilometres north of Gympie, Rob Brunker and Jesse Zischke are happily adjusting to life as a family of three. “We feel like a complete family. We have a beautiful, relaxed baby who we are besotted with and we simply couldn’t imagine our lives any different to what they are now,” said Mr Brunker.

The Queensland dads welcomed the arrival of baby Lachlan at Gold Coast Private Hospital in May, after meeting first-time surrogate Jane Miller in 2015.

The 40-year-old Gold Coast woman contacted the couple online, after being told about their dreams of parenthood by a mutual friend.

“We have been together for 16 years and always wanted to be dads, so when Jane contacted us and said she was considering surrogacy we were elated at the prospect of starting a family,” said Mr Zischke.

“We had been searching for a surrogate for a few years. By the end of that first meeting with Jane, she said ‘let’s do it’.

“For intended parents, trying to find a surrogate in Australia is like trying to find a needle in a haystack on a very dark night. We feel very privileged and lucky.”

After completing mandatory counselling and undergoing fertility treatment in Brisbane using a donated egg, the trio enlisted the help of the Gold Coast Private maternity team to provide care during pregnancy and birth.

“As Jane lives in the region, we contacted Gold Coast Private Hospital. After meeting with maternity manager Judy Ross, and Grace Private obstetrician Tina Fleming, we were very confident that we would get the best possible care and support at Gold Coast Private,” said Mr Brunker.

“Dr Fleming and the maternity team were amazing, positive and supportive. The team went above and beyond and to make Jane’s pregnancy and Lachlan’s birth the best experience possible. We were treated like any other parent.

“We had our own room next to Jane and were exceptionally well-fed. Our experience was perfect.”

For Ms Miller, the process of donation has been a long-term labour of love.

“I had donated eggs before, and it gave me so much satisfaction to see the joy I brought those families. Due to my age I could no longer be an egg donor, so that’s why I decided to explore surrogacy,” she said.

“The whole process was absolutely amazing. Dr Fleming was incredible and Rob and Jesse came to every single appointment with me. They were really supportive the whole way through.

“I struggled a lot when it was time for the boys and Lachlan to leave, but the maternity team was so compassionate and understanding. They offered for me to stay a few extra nights, and recruited a social worker and a fellow surrogate to provide additional support.”

She keeps in contact with four of the families she has donated eggs to, and treasures the special bond she has developed with the Brunker-Zischkes.

“We just really clicked and I could see they would be great dads,” she said.

“I was somewhat apprehensive as I have not had children of my own, and was not sure how I would feel after giving birth. However, it is the most amazing thing that I’ve ever done and I would not change a thing.”

It is a sentiment shared by Rob and Jesse. More than three months since Lachlan’s birth, they are enjoying every precious moment with their growing baby boy.

“He is sleeping well; he is the perfect baby and parenthood is absolutely magical,” said Mr Brunker.

“Words can’t express how much gratitude we have for Jane. It is the ultimate gift.

“There are not many people like Jane who are overwhelmingly positive, giving and selfless. We acknowledge how tough it would have been for her and she will always be a part of our lives.”

“The team went above and beyond and to make Jane’s pregnancy and Lachlan’s birth the best experience possible,” said Mr Brunker.

FOR MORE INFORMATION, PLEASE CONTACT:

Gold Coast Private Maternity Care Centre
Judy Ross, Maternity Unit Manager

P: (07) 5530 0726
W: GCPmaternity.com.au

Facebook: Gold Coast Private Maternity
Instagram: Gold Coast Private Maternity

Rob Brunker, Jane Miller and Jesse Zischke with baby Lachlan, who was delivered at Gold Coast Private.

MUM'S THE WORD

Iron for Pregnant Women

by Gold Coast Private Obstetrician, Dr Donald Angstetra

How to increase and maintain healthy iron levels in pregnancy



Studies show that 50 per cent of pregnant women do not have enough iron in their body. The iron demands during pregnancy and breast feeding are particularly evident due to the expanded red blood cell volume, demands of the developing baby and placenta and blood loss around the time of delivery.

The recommended daily intake (RDI) of iron for women aged 19 to 50 years is 18mg per day. For pregnant women, this RDI increases to 27mg per day; whilst for breastfeeding women, the RDI decreases to 9mg. This is thought to be due to the fact that the lactating mother cannot increase the iron levels in her milk by eating iron rich foods or taking supplements. Also menstruation does not normally resume until after 6 months of exclusive breastfeeding.

WHAT IS THE ROLE OF IRON IN THE BODY?

Iron is found in haemoglobin, a substance in the red blood cells that carries oxygen in the body.

Your body makes more blood when you are pregnant due to the demand from baby. It needs iron to make healthy blood.

A blood test that looks at haemoglobin (Hb) level is usually offered at the first antenatal visit and again at 26-28 weeks' gestation.

Having low iron levels may result in anaemia. Any anaemia should be investigated and treated. Low iron will make you feel tired, have poor concentration and an increased risk of infection. Very low iron levels may cause low birth weight of the baby.

Iron in food

There are two forms of dietary iron: Iron from animal foods (called haem iron) and iron from plant foods (called non-haem iron). Haem iron is absorbed 10 times better than non-haem iron. It is found in animal foods that originally contained haemoglobin such as red meats, fish and poultry. Red meats are the best source of iron; the redder the meat, the higher the contents of iron.

This means beef, kangaroo and lamb are higher in iron than pork, chicken or fish. Red fleshed fish, such as tuna and salmon, are higher in iron than white fleshed fish.

Most non-haem iron is from plant sources:

- Wholegrain, iron-enriched breads and cereal foods.
- legumes (such as lentils, beans, chickpeas) and nuts
- green leafy vegetables (such as spinach, broccoli)



Our bodies are less efficient at absorbing non-haem iron than haem iron from animal foods. You will need to eat more of these foods if they are your only iron source.

To help your body absorb more iron from plant foods, eat it along with foods that have a high vitamin C content (fruits and vegetables).

For a detailed look at animal and plant-based iron-rich foods, head to the Nutrition Australia website: <http://www.nutritionaustralia.org/national/resource/iron>

HOW CAN I IMPROVE MY IRON INTAKE?

While some foods can help our bodies absorb iron, others can prevent it. Tea, coffee, unprocessed bran and various mineral, herbal and other medications can block iron being taken up by the body.

Routine iron supplementation is not recommended in every pregnancy. Iron supplementation will generally be recommended for women at particular risk of iron deficiency. This includes when a blood test has confirmed that your levels are low, vegetarians or women with a multiple pregnancy.

Women with iron deficiency anaemia will need additional iron supplementation, containing at least 60mg of iron daily.

Women commonly experience constipation from taking iron tablets. You can manage constipation naturally by:

- eating more fruits, vegetables, wholegrains, legumes
- drinking more water
- remaining physically active

For more information on the recommended daily intake for iron requirement in pregnancy, head to the National Health and Medical Research Council - Nutrient Reference Values for Australia and New Zealand website: <https://www.nrv.gov.au/nutrients/iron>

WAYS TO IMPROVE YOUR DIET FOR ADEQUATE IRON INTAKE:

- Check that you are regularly eating animal sources of iron — the redder the better.
- Include wholegrain and iron fortified foods (e.g. cereals or wholemeal toast).
- Include vitamin C containing foods at meals (e.g. orange juice).
- Check to make sure you limit the iron blockers.
- Talk to your GP, midwife or obstetrician about taking iron tablets.

WHAT TO DO IF YOUR IRON LEVELS ARE STILL LOW:

You should talk to your doctors or midwife to have your Haemoglobin (Hb) level checked during antenatal visit and any anaemia should be investigated and treated. Your doctor should consider iron studies if the haemoglobin is 105 g/L or less or red blood cells are microcytic (small); B12/folate levels if the red blood cells are macrocytic (big). Testing for Thalassaemia (haemoglobin electrophoresis) should also be considered where appropriate.

FOR MORE DETAILS CONTACT:

Dr Donald Angstetra
Suite 18, Level 1, Gold Coast Private Hospital

P: (07) 5594 9496

F: (07) 5594 9102

W: goldcoastwomenscare.com.au

Facebook: @Dr Donald Angstetra

KNITTING PROJECT HELPING GOLD COAST PRIVATE HOSPITAL'S LITTLE FIGHTERS

Premature babies find comfort in cuddly hand-knitted creations

A generous team of CWA ladies from Mermaid Beach is helping provide comfort to premature babies in the Special Care Nursery, using their craft to produce cuddly critters to calm tiny bubs.

After years of producing hand-made teddies for patients, the women have started crocheting octopuses for the newborns, based on a successful global Danish scheme – The Octo Project.

The tentacles of the crocheted octopus are designed to mimic the feeling of an umbilical cord, reminding the baby of being inside their mother's womb. It's believed the knitted goods help soothe the child - stabilising their heart rate and improving oxygen flow and circulation.

Gold Coast Private maternity manager Judy Ross said the octopuses have brought great comfort to babies and their families.

"We've certainly noticed the difference an octopus makes to our premature babies who become more settled and visibly calmer when the cuddly toy is with them," she said.

"An incubator can be a lonely place for a newborn so an octopus gives them a form of physical contact that they find very comforting.

"Having tentacles for their little fingers to latch on to means we've seen a reduction in babies' cords and feeding tubes being tugged and pulled at, which is another great benefit.

"It's also comforting for the families of the babies, who get immense pleasure seeing their little ones with a friend to snuggle up to."

The project has inspired Gold Coast Private staff to launch their own drive, collecting hundreds of balls of wool and cotton to give to the CWA ladies to help continue the knitting project.

CWA Mermaid Beach member Joan Parker said her team of ladies had knitted hundreds of teddies, drip bags and turbans for Gold Coast Private patients and were thrilled when the hospital contacted them about adding octopuses to their 'bag of tricks'.

"We did some research into the concept and were amazed when we discovered that an experiment had been conducted many years ago overseas - one twin was given an octopus, and the other wasn't. The twin with the octopus thrived," she said.

"We couldn't believe octopuses weren't being given to all premature babies in Australia. It's just such a lovely notion and we're so happy we can help.

"I believe there is something magical about the octopus - they have three hearts, so they have a lot of love to give and that in itself helps these tiny babies to grow stronger and survive."

Mrs Parker was one of 30 CWA ladies who attended a special 'Christmas In July' lunch at Gold Coast Private, held in their honour as a show of appreciation for their ongoing efforts.

The visit also provided the women with the chance to witness first-hand the difference their donations make.

The knitted goods are usually distributed by hospital volunteers, including June Habner, who said the donation brings joy, love and comfort to all ages.

"A child's face will light up when I sit down at eye level and tell them that I have a teddy bear that needs lots of love and cuddles and a good home," she said.

"A teddy bear is also a welcome gift for elderly patients, who may be on their own and feel alone in hospital, with family away."



HOSPITAL SERVES UP ACAI TO NEW MUMS

The purple Brazilian berries that have become a staple in cafes, juice bars and health food stores across the country are now being served to new mums and dads at Gold Coast Private Maternity.

In an Australian first, Gold Coast Private has debuted the not-so-humble berry on its maternity menu, with Acai bowls making guest appearances at the ward's morning and afternoon 'high tea education sessions'.

The hospital has partnered with Amazonia Group - the country's largest distributor of Acai berries, to bring the popular superfood to maternity patients as it continues to pioneer preventative healthcare and reinvent the age-old perception of hospital food.

Amazonia Group founder, Dwayne Martens commended the hospital in taking a leap into the wholefood industry.

"It has always been a personal dream of mine to see our products in hospitals - because often, that's where people need some extra nutrition in addition to their treatment or stay," said Martens.

"To be working in partnership with the Gold Coast's premier private hospital and serving our Certified Organic Acai berries to the mums in its maternity ward is nothing short of phenomenal and a remarkable step in Australia's health and medical industry."

The menu at Gold Coast Private is overseen by the hospital's executive chef, John O'Shea, who spent 20 years in kitchens of luxury resorts and five-star hotels before entering into the medical industry to pursue a passion in assisting hospital patients 'from their plates'.

"We want to give patients a guest experience while ensuring they are provided with healthy, nutritious food that is also visually appealing," said O'Shea.

"Acai berries are known to boast over 50 nutrients and contain more antioxidants than blueberries.

"We blend the organic berries with pure coconut water and banana, topped with vibrant fresh fruit and our house-made museli, so they are both healthy and beautiful.

"We've introduced the treat to the maternity ward's high tea education sessions on selected days where we set up a live cooking demonstration and make the bowls to suit individual tastes. The mums are loving them."

Gold Coast Private Hospital senior dietitian, Fiona Brown, said the Acai bowls were a welcomed addition to the maternity menu.

"Eating well and nourishing the body is important when recovering from childbirth as your postpartum body needs fuel to recover and to sustain the energy required to keep up with the demands of motherhood," she said.

"Acai bowls are a quick, easy and nutrient-dense snack that new mums can make themselves once they return home."

Nutrient-rich berry bowls are on the menu for new parents



Executive Chef, John O'Shea, whipping up an Acai bowl with Amazonia Group Founder, Dwayne Martens.



STAFF TRIVIA NIGHT

Our trivia night was one of crazy antics and fabulous costumes as more than 70 staff gathered to test their general knowledge at One 50 Public House. Team 'CIA' out-quizzed everyone; while the Great Gatsby crew out-dressed the rest. Thanks to everyone who came along and made it such a great night!

INTERNATIONAL NURSES DAY

For International Nurses Day, our incredible team of 'angels' chose to continue to put others first, by opting to forgo their annual gift and instead, make a \$2,500 donation to Rize Up Australia - an organisation that supports families affected by domestic violence. What an amazing group of people!

10 WEEK CHALLENGE

Congratulations to Emma Posthuma Deboer who was crowned the 'overall winner' of the Gold Coast Private 10 Week Challenge; and Dash Mridul who took out our 'most improved' award. The entire team showed incredible dedication, with plenty of early morning starts in the cold, and should all be very proud of their achievements. Bring on the next 10 Week Challenge!



CHRISTMAS IN JULY WITH THE CWA LADIES

We were delighted to host 32 ladies from the CWA Mermaid Beach and hospital volunteers for a three-course, Christmas in July lunch, complete with turkey and bubbles. General Manager David Harper joined the celebrations and spoke about the positive impact the CWA ladies have on our hospital through their donations of knitted teddies, drain bags, turbans and octopuses, which are hand-delivered to patients by our valued volunteers.

FREE CPR COURSE

Gold Coast Private hosted its first free CPR course for the public on World Heart Day, as a timely reminder of the importance of heart health education. More than 30 people attended the course, conducted by Scott Whimpey from First Aid Accident and Emergency, including expectant mothers, grandparents and medical students.

MOTHER'S DAY IN MATERNITY

Gold Coast Private hosted a special Mother's Day morning for new mums in the maternity ward. Grandmothers and great-grandmothers were also invited and we had a special 'gift station' where we took impressions of babies hands and feet, as a special keepsake.



QUEENSLAND X-RAY KEEPING PACE WITH THE LATEST TECHNOLOGY

Patients with compatible pacemakers or Internal Cardiac Defibrillators (ICD) can now be safely evaluated through a 3T Magnetic Resonance Imaging (MRI) scan, thanks to new technology released by Medtronic and processes established with Queensland X-Ray's Gold Coast Private Hospital clinic.

Senior radiographer and MRI technician Andrew Dungleison said it was welcome news for an increasing cohort of patients with a pacemaker or ICD, who were previously unable to undergo MRI at 3 Tesla (3T) - a stronger magnet that provides greater anatomic detail than traditional 1.5T scanners.

"MRI scans provide improved diagnosis of a variety of conditions through detailed images of the body, including soft tissue and muscles," he said.

"Until recently, any patient with a pacemaker or ICD could not have an MRI at 3T, as the device would be interfered with by the powerful external magnetic and gradient fields.

"The magnetic fields could induce a 'talk' effect, essentially pulling at the device or causing it to move. It could also produce currents along the wires of the devices, creating a heating effect and causing a

small burn. There was a risk of the device malfunctioning, making MRI scans too risky for patients."

Medtronic, the manufacture of pacemakers and ICDs, have recently developed 3T MRI compatible SureScan devices and have undertaken extensive testing under various magnetic fields to ensure patient safety. Medtronic representatives on the Gold Coast have worked closely with Queensland X-ray at Gold Coast Private Hospital in developing a safe scanning pathway for patients with compatible SureScan pacemaker and ICD devices.

"We can confidently say a majority of SureScan devices are now MRI compatible at the 3 Tesla rating, and for those patients with an older pacemaker or ICD, we offer scanning systems compatible with 1.5 Tesla too," said Mr Dungleison.

"When scanning a patient with an ICD, we ensure the pacemaker is set in 'MRI safe' mode during the procedure, so it is constantly pacing just above the patient's baseline heart rate.

"We do thorough checks prior to the appointment, ensuring a Medtronic representative is present to monitor the process, and that a cardiologist has been advised and is on standby.

"Patients can be confident they will receive the highest possible care in a safe, purpose-built, hospital based environment where if there were any adverse events, they could be assured there are the facilities and cardiac expertise close at hand."

Compatible systems are now scanned at all hospitals with affiliated Queensland X-ray departments, including Gold Coast Private.

"At Queensland X-Ray, we pride ourselves on our team of highly-trained and experienced staff, and the location within Gold Coast Private means that patients have access to a full suite of medical services, including emergency," he said.

For more information regarding the Medtronic SureScan systems visit www.mrisurescan.com.au, while further details on Queensland X-Ray can be found at www.qldxray.com.au.

FOR BOOKINGS OR ENQUIRIES CONTACT:

Queensland X-Ray Gold Coast
P: 1300 183 988.

Above: Queensland X-Ray Nuclear Medicine Technician, Peter Gentle

Dr David Messer

Oncoplastic Breast Surgeon & General Surgeon

Dr David Messer is an oncoplastic breast surgeon who offers specialist surgical management of benign and malignant breast conditions and oncoplastic breast reconstruction techniques.

A medical graduate of the University of Queensland, Dr Messer was awarded a fellowship to the Royal Australasian College of Surgeons in 2014. He undertook a two year post-graduate fellowship in breast surgery at the Waikato Hospital in Hamilton, New Zealand, and the Westmead Breast Cancer Institute, Sydney, Australia.

Originally from the Gold Coast, Dr Messer was excited to return home with his wife and four children to establish his private practice. He now holds operating privileges at Gold Coast Private Hospital.

- Dr Messer specialises in:
- Benign Breast Disease
 - Malignant Breast Disease
 - Oncoplastic Breast Surgery
 - Breast Reconstruction
 - Breast Reduction
 - General Surgery

In addition, Dr Messer currently maintains a position as a general surgeon at Redlands Public Hospital.



FOR APPOINTMENTS AND FURTHER INFORMATION, PLEASE CONTACT:

Gold Coast Private Specialist Suites
Gold Coast Private Hospital
14 Hill Street
Southport QLD 4215

P: (07) 5530 0770
F: (07) 5530 0687

LIVE WELL



LACTATION CHOC CHIP COOKIES

Gold Coast Private's executive chef, John O'Shea, made these cookies to help a new mum in the maternity ward that was having trouble getting her milk in. As John handed them over to the midwives he said with a grin, 'hopefully these bad boys will do the trick'.

INGREDIENTS:

- 50g linseed meal
- 80g water
- 3 tbsp. brewers yeast
- 180g cubed butter
- 280g brown sugar
- 1 tsp vanilla bean paste
- 260g plain flour
- 2 eggs
- 300g rolled oats
- 250g chocolate chips
- 100g chopped almonds

METHOD:

- Combine linseed meal and water together in blender and set to the side.
- Place yeast, butter, sugar and vanilla in food processor and mix together.
- Add flour, eggs and linseed mixture to processor and mix together.
- Scrape mixture into a large bowl and add remaining ingredients.
- Fold together with hands and spoon onto baking trays. Slightly flatten with the back of the spoon and place in oven for 15 minutes at 180 degrees.

PEOPLE OF THE PRIVATE

Meet Clinical Midwife Chelsea Miles

Dolum velit aut et int voluptat facim ratesed que maximagnam ut licipsa nimus.

? WHAT DO YOU LOVE ABOUT YOUR JOB AND WHY?

What I really love about my job is watching the instant love parents have with their newborns. The way in which other family members and especially siblings accept the new family addition. The one circumstance that always brings a tear to my eye is when you know there has been a long and emotional road to become a parent and their dream is fulfilled when they are holding their golden baby in their arms.

? WHY DID YOU BECOME A NURSE?

I became a nurse as I knew I always wanted to help and support people. It was always a toss up between nursing and police. In the end, nursing won as the Police Service can be quite scary at times.

? WHAT IS SOMETHING ABOUT YOU, YOUR COLLEAGUES DON'T KNOW?

I am a very open person, so my colleagues know me very well.

? WHAT DO YOU DO IN YOUR SPARE TIME?

As a Mum of three boys, my spare time is making sure they are burning off their energy.

? WHAT IS SOMETHING YOU WANT TO ACHIEVE THIS YEAR?

This year I would like to make the decision on what to study. Every couple of years I like to challenge myself. Apart from that, I would really love to win the Lotto.

? WHAT WOULD YOU BE IF YOU WEREN'T A NURSE?

If I wasn't a nurse, it would still have to be a profession in which I could be a people person. Teaching would be interesting

? WHAT DO YOU LIKE TO BRING TO YOUR WARD?

A good sense a humor, a happy demeanor and a supportive environment.



Clinical Midwife, Chelsea Miles



FAMILY FUN DAY



Our annual Family Fun Day saw hundreds of staff, doctors and their families enjoy everything from a bouncing castle and giant slide; to reptile handling and bubble soccer. The kids also made good use of the unlimited fairy floss and snow cones; as well as the opportunity to have photos taken with a fire engine, police car and ambulance!



TOP (L to R): Emma Posthuma de Boer, Ashton Padowitz, Hesta representatives
MIDDLE (L to R): Ivy Yates
BOTTOM (L to R): Abbie Saunders, Nick Irby, Abbie Saunders

TOP (L to R): Matilda Shephard, Mataya Frost, Ella Weaner, Skyla Frost, Astara Frost, Lily Weaner, Paitance Clifford
MIDDLE (L to R): Allie Van Peppen, Sofia Kalamaras, Mark Polaschek
BOTTOM (L to R): Lukas Kalamaras, Sofia Kalamaras, Geoff McQueen, Maggie McQueen, Joe McQueen, Noah McQueen, Narelle Morrison, Emma Posthuma de Boer



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