

THE SPH

ISSUE TWO

**REHABILITATION TEAM HELPING
PATIENTS GET BACK ON TRACK**

**HEALTH MINISTER APPLAUDS
\$50 MILLION REDEVELOPMENT**

**ADDED LUXURY FOR NEW MUMS
IN MATERNITY**



Sunnybank
PRIVATE HOSPITAL



Neurosurgeon Dr Neil Cochrane performs Australian-first surgery at Sunnybank Private (see full story pages 16-17)

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Sunnybank Private is a proud sponsor of its local rugby club

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“Recognising our history
while imagining our future”

Welcome to Edition 2 of the SPH Magazine
Our inaugural edition focused heavily on the completion of the major redevelopment the hospital had undergone over the past couple of years. It was (and is) an exciting time for Sunnybank Private Hospital. Be sure to read the article on Pages 2 and 3 sharing the joy of our official opening by the Minister for Health and Ambulance Services, Steven Miles. It was great to formally mark this milestone in the hospital’s journey.
With stage 1 of the redevelopment bedded down, Edition 2 will showcase some of the services for which Sunnybank is well known and also introduce you to some of our new Visiting Specialists. Both are key to our success as we seek to capitalize on the investment that has been made.
Rehabilitation and Internal Medicine have been major contributors to Sunnybank Private’s success during its 39 years servicing the local community. Edition 2 showcases the wonderful work of our Multidisciplinary team

in helping people to regain independence after illness or surgery. We also take the opportunity to profile our General Physicians and explore their invaluable contribution to our referring GP community in managing patients with complex and diverse medical needs.
As part of our commitment to our local community, Sunnybank Private has partnered with the Sunnybank Dragons Rugby Club this year as a key sponsor. Read about how Dr Brett Collins has been providing an invaluable service to the players during the 2018 season on page 11.
We welcome a range of new specialists to the hospital this year, and we look forward to working with them to build their practices in the Sunnybank Private community. Please see their profiles on pages 12, 18 and 19.
I hope you enjoy Edition 2 of the SPH Magazine.

*Tony Williams, General Manager
Sunnybank Private Hospital*

MULTI-MILLION-DOLLAR REDEVELOPMENT RECEIVES HIGH-LEVEL STAMP OF APPROVAL

“The expansion of Sunnybank Private Hospital sees more services available locally for this growing community.”
– Minister for Health and Ambulance Services, Steven Miles

Sunnybank Private Hospital’s \$40 million redevelopment has been celebrated at the highest levels of government, with the Queensland Health Minister declaring it a win for the people of Brisbane’s south side.

Minister for Health and Ambulance Services Steven Miles joined State Member for Toohey Peter Russo, Healthscope CEO Gordon Ballantyne and Sunnybank Private Hospital General Manager Tony Williams to officially unveil the hospital’s first major redevelopment in almost 40 years.

The Minister for Health and Ambulance Services toured the new state-of-the-art Cardiac Catheterisation Laboratory and upgraded maternity ward before speaking at a ceremony held in the hospital’s new three-level specialist services building.

Mr Miles said the redevelopment was a great addition to South Brisbane’s private and public hospital mix.

“With three quality hospitals servicing the area - Logan, QEII and Sunnybank Private - residents have access to a wide range of health services right here in their own back yard,” he said.

“The expansion of Sunnybank Private Hospital sees more services available locally for this growing community.”

Sunnybank Private General Manager Tony Williams said the expanded facilities cemented the hospital as the south side’s ‘health hub’, with the cath lab - a first for the hospital - paving the way for interventional cardiovascular procedures to be introduced in due course.

“The new cath lab means patients in Brisbane’s south now have better access to cardiac services including a range of new diagnostic and therapeutic procedures,” he said.

“Our new three-level specialist services building has also allowed more than a dozen new and established doctors to create purpose-built suites on the Sunnybank Private campus, taking advantage of the benefits of being connected to a leading private hospital with direct access to onsite providers and free parking for patients.

“Decentralising services is becoming increasingly important to ensure the right care is easily accessible for those who need it.

“Sunnybank Private is dedicated to providing quality health care and comprehensive services for the local community in a convenient location.”

The redevelopment project included improvements to the existing hospital in the form of a fresh facade, two new integrated operating theatres and renovations to existing procedure rooms.

A redesigned Day Surgery Admissions Unit, ‘new look’ maternity ward and expanded recovery areas were also part of the upgrades.

Mr Williams said the focus for the redevelopment had been expanding the hospital’s service offering, rather than its capacity.

“It was very important to us that Sunnybank Private remained a boutique hospital equipped to provide individualised care through its trusted team of established doctors and nurses,” he said.

“In addition to expanding our services, we have focused on upgrading the ‘patient experience’ through better communication, streamlined admissions and improved processes.

“The new street presence, upgraded and new procedural areas, and the refreshed



Top, L-R: Sunnybank Private General Manager Tony Williams, Healthscope CEO Gordon Ballantyne, local MP Peter Russo and Queensland Health Minister Steven Miles

Right: Health Minister Steven Miles and local MP Peter Russo meet staff in the upgraded maternity ward

wards bring a modern-feel to the hospital while retaining its friendly, welcoming environment.

“We’ve created beautiful landscaped gardens and outdoor spaces for patients and visitors to enjoy and added luxuries in our maternity ward such as celebration high teas and massages.”

Mr Russo, the local State Member, said Sunnybank Private’s redevelopment was a coup for Brisbane’s booming south side.

“Sunnybank Private’s redevelopment means more doctors, nurses and health professionals will be welcomed to the Toohey area,” he said.

“The area is fast becoming a hub for high quality medical services catering for the needs of this diverse and growing community.

“Sunnybank Private Hospital has been an integral part of our community for almost 40 years and this redevelopment ensures it will continue to provide private health services for residents now and into the future.”



Right: Dragon dancers entertain the crowd at the official launch of the hospital’s \$40 million redevelopment

HOSPITAL'S EVOLUTION CAPTURES BEST OF BOTH WORLDS

"There have been some fantastic additions to the hospital over time but for me some important things have never changed..."
– Colorectal and General Surgeon, Dr Michael Mar Fan



Colorectal and General Surgeon, Dr Michael Mar Fan

Looking back over his 17-year tenure at Sunnybank Private, colorectal and general surgeon Dr Michael Mar Fan has watched the hospital evolve from its humble beginnings into a 'south side medical hub' – most notably with a \$40 million redevelopment completed in 2018.

In spite of the hospital's growth, Dr Mar Fan believes many important things that set Sunnybank Private apart have not changed during that time – "and that's a good thing", he says.

"When I started here, Sunnybank was definitely a lot smaller and simpler with fairly basic equipment compared to the public

hospitals and over the years it has certainly enhanced its infrastructure, equipment and services to meet the needs of our community," he said.

"There have been some fantastic additions to the hospital over time but for me some important things have never changed - like the high-quality, personalised level of care and service Sunnybank's staff provide to patients. My family and I have been patients of the hospital and I didn't have to think twice when deciding where to go for treatment.

"Our patients find comfort in a boutique, friendly environment and a general convenience factor not often enjoyed at some

of the larger hospitals in the Brisbane region. I particularly like what (gardener) Ben Adams has done with the courtyard areas between the various wings, features these days that are sadly missing in most hospitals.

"It's for these reasons that many of my patients have requested to be treated specifically at Sunnybank Private. That's what has kept me here for 17 years and hopefully many more to come."

Dr Mar Fan said providing convenience, affordability, high-quality patient care and a cultural understanding for his Chinese and other ethnic patients were highlights of practising at Sunnybank Private.

"After building up my practice at Sunnybank for many years, I can now consult all my patients, treat them and perform surgeries from the convenience of my own rooms onsite with full access to the hospital's facilities and services when needed," he said.

"When a patient contacts me for treatment, I always make a point of seeing them right away. That's a real benefit of working on-site at a smaller, boutique hospital.

"I'm proud of the personal treatment I provide my patients both before and after surgery. It is important to me that I personally see every patient, especially when they require follow up after surgery or once they have been discharged.

"I also think that with the sometimes prohibitive costs of private health care these days, providing a very affordable service to my patients is of utmost importance.

"I am originally from Hong Kong and can speak both Chinese and English, which is very helpful when treating the large number of Chinese residents living in the south side community. I was trained in Brisbane and spent five years overseas before commencing back in Brisbane in 2000, initially at the QE2 hospital and then gradually shifting my work over to Sunnybank."

Dr Mar Fan said highlights of his career including being given a RSO post at the famed St Mark's Hospital in London under Professor John Nicholls, Robin Phillips and John Northover and refining his colonoscopy skills with the great Christopher Williams, one of the forefathers of colonoscopy.

He also recalled being a senior registrar to the inspirational Hamish Thomson at Gloucester who described the theory of the pathogenesis of haemorrhoids and seeing two of his many registrars win the Neville Davis Prize from projects that were designed together from a humble small Brisbane hospital.

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CARDIOLOGIST STILL DELIVERING THE GOODS

Dr Vagish Singh is a member of a small group of leading Brisbane cardiologists who established the city's first cardiology services on the south side in the early 1990s.

Today, one of these services is the Sunnybank Cardiopulmonary Diagnostic Service, which has been in operation for more than 25 years at Sunnybank Private and continues to grow and care for the local community.

The service provides non-invasive cardiorespiratory services to cardiologists, physicians, surgeons and general practitioners who work on the south side and complements this year's opening of a state-of-the-art cardiac catheterisation lab at Sunnybank Private, part of an extensive \$40 million redevelopment at the hospital.

"I chose Sunnybank as a venue for my cardiac practice at the end of 1991 as cardiac services were not developed in this area," said Dr Singh.

"Together with Dr Jeffrey Forgan-Smith, my cardiology colleagues Dr Geoffrey Chia and Dr Sean Mulhearn, and visiting cardiologists from other hospitals in Brisbane, our non-invasive lab at Sunnybank Private is still offering unparalleled care and cutting-edge services to cardiac patients.

"Together we have an unparalleled depth and breadth of clinical experience and liaise closely with the best specialists in Brisbane."

Dr Singh has practised out of the consulting rooms on the second floor of Sunnybank Private for more than 25 years.

He has been ably supported by a highly skilled cardiology team, including the coronary care unit at the hospital, and cares for patients with acute coronary syndrome, valvular heart disease, and cardiac rhythm disturbance. He performs coronary angiography invasively, as well as CT coronary angiography non-invasively.

Dr Singh is a member of the Society of Cardiac Computer Tomography, and his special interests are treating heart failure with medications and device therapy, and he implants pacemakers, implantable cardioverter-defibrillators (ICDs) and biventricular ICDs for heart failure and left ventricular dysfunction.

Dr Singh said Sunnybank Private's 'patient-first' approach meant the hospital had become renowned for being one of the highest-quality and longest-serving non-invasive cardiology units in Brisbane.

He said the cardiology unit's motto of 'always doing what is in the best interests of the patient' had served Sunnybank Private well for decades.

Dr Singh said he and his colleagues often asked themselves the question: "What would I want for myself if I was in the patient's situation?"

"Our patients come to us because of the hospital's skilled and very friendly staff and the geographical location," he said.

"In my experience of more than 20 years, our team's capabilities, the collective services we provide through our knowledge and our reputation are second to none.

"Our group of cardiologists and other specialists and medical staff have kept abreast of all scientific developments in their respective fields.

"Patients get the same service quality as some of the larger Brisbane hospitals, but often with a faster turnaround and more personalised level of care.

"We thank all our past referrers and we pledge to continue striving for the highest standards of patient care achievable."

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INDIVIDUALISED PROGRAMS BOLSTER REHAB REPUTATION

“The outstanding service we provide is through the cohesive interaction between the medical staff, allied health team and nurses,” – Director of Rehabilitation Services, Dr Victor Lim

Sunnybank Private’s Rehabilitation Services has developed a reputation in the local community for providing comprehensive and individualised programs to help patients regain their functional independence following an illness or surgery.

This is provided through its high quality inpatient and day rehabilitation programs.

Director of Rehabilitation Services Dr Victor Lim has overseen the care of patients as a Consultant Physician and Geriatrician at Sunnybank Private for almost 20 years.

“Our goals are clear - to restore our patients’ functional independence as quickly as possible and return them to their usual level of accommodation safely and with confidence,” said Dr Lim, who has spent most of his professional life at Sunnybank Private and caring for its elderly patients.

“Sunnybank Private Hospital is in a way a boutique hospital. We work at having a minimal waiting list to ensure there is no delay for patients who require our services.

“Once admitted, they undergo individualised assessments by our multi-disciplinary team to identify their treatment priorities and goals, before embarking on their rehabilitation program.

“Their progress and discharge planning are reviewed regularly as they progress through their programs.”

Dr David Shum, also a consulting physician and geriatrician, has recently commenced treating patients at Sunnybank and with a similar background and training to Dr Lim, he is also uniquely placed to deliver exceptional care to elderly patients.

The hospital’s Rehabilitation Unit is a physician-led team.

In addition to input from its multi-disciplinary allied health and nursing teams, patients also receive a comprehensive medical assessment to ensure their medical conditions are optimised and can gain the most from their rehabilitation program.

“The outstanding service we provide is through the cohesive interaction between the medical staff, allied health team and nurses,” Dr Lim said.



Allied Health Manager Ben Dixon chats with a Rehabilitation Services patient

Sunnybank Private’s Allied Health Manager Ben Dixon is a physiotherapist by training and heads a team of physiotherapists, occupational therapists and speech pathologist who work closely with the rehabilitation nursing team led by Nurse Unit Manager Navinder Gill.

The Allied Health team is also bolstered by an external network of other health care professionals including podiatrists, social workers and dieticians.

“Sunnybank Private has the ability to provide the full spectrum of care for elderly patients – from acute medical or surgical treatment to inpatient rehabilitation programs and discharge planning including follow-up through our day rehabilitation programs,” Mr Dixon said.

“Our Rehabilitation team is well set up to cater for a whole range of patient-types. Our orthopaedic program provides post-operative rehabilitation following major joint replacement surgery, spinal surgery, post-traumatic surgery and motor vehicle accidents.

“Our neurological program covers acute conditions like post-stroke rehabilitation, as well as helping improve chronic progressive

conditions like Parkinson’s disease and multiple sclerosis.

“We also see a lot of elderly patients who become de-conditioned following acute illnesses and we work to restore and improve their functional status.

“Our Rehabilitation Unit is equipped with a modern gym and facilities to allow patients to undertake their programs in a safe and private environment.

“Home visits by our occupational therapists are also offered as part of our patients’ rehabilitation program. It allows the opportunity to optimise their home environment and facilitate safe discharge.”

Mr Dixon said Sunnybank Private’s Rehabilitation Unit was well known for its personalised care and services.

“Our patients have voiced great satisfaction with the care they have received and often request to be referred back to our unit for future treatment,” he said.

“This can only be a testament to our staff and services.”

How do I refer to the Sunnybank Private Hospital Rehabilitation Services Unit?

- ✓ Use the e-referral link on the Sunnybank Private Hospital website at <http://www.sunnybankprivatehospital.com.au/doctors/ereferrals-rehab>
- ✓ Phone 07 3344 9437
- ✓ Referrals accepted from medical specialists and general practitioners
- ✓ All private health funds accepted
- ✓ Department of Veteran’s Affairs patients accepted
- ✓ WorkCover claims accepted
- ✓ Public patients accepted - no additional charges for allied health treatment

GENERAL PHYSICIANS PROVE VALUE AS ‘DOCS OF ALL TRADES’

General Physicians can be problem solvers and who can get patients back on track

To many people, the specialist title ‘General Physician’ may sound like a contradiction in terms but in the medical world it refers to a specialist doctor who has an ability to diagnose and care for patients who present with multiple complex illnesses at the same time.

Patients often visit their GP with a single complaint, however, after digging beneath the surface it can become apparent that a patient is suffering from various physical and even mental conditions concurrently.

That is when the General Physicians – or Internal Medicine Specialists – can be the problem solvers who can get the patient back on track.

General Physicians are, in many cases, the experts best suited to ‘project manage’ the care of the patient, mainly due to their comprehensive knowledge of the complete human condition.

If a patient is suffering from a combination of heart disease, skin infections, respiratory ailments, rheumatism or liver failure, GPs often refer them to General Physicians, who oversee the holistic, peri-and-post-operative care of the patient in collaboration with other specialists, before handing back care to the GP.

Given their role can be heavily involved in liaison and communication between various parties, General Physicians often demonstrate an excellent bedside manner and are first-rate communicators when it comes to dealing with the patient’s wider family network and keeping their GP in the loop.

With Sunnybank Private’s leading team of General Physicians working out of the hospital, patients suffering from multiple illnesses at the same time can be cared for by world-class physicians in a relaxed hospital offering a personalised level of service.



Dr Golam Khadem

As a General Physician at Sunnybank Private, Dr Golam Khadem is a problem-solver who specialises in treating patients with numerous illnesses that require a multi-disciplinary approach.

Dr Khadem has interests in acute medical and peri-operative medicine – often simultaneously – including patients who present with cardiology, respiratory, gastroenterology, endocrinology, pneumonia, eclampsia and preeclampsia, and unstable diabetic illnesses.

He also specialises in chronic disease management.

“I am proud of having great relationships with patients and GPs and working at a boutique and relaxed hospital like Sunnybank allows me to offer a personalised level of service that sometimes isn’t possible at the larger hospitals,” said Dr Khadem, who has practised out of his clinic at Sunnybank for three years.

“Sunnybank is a small but well-equipped hospital, allowing me to take the time to be more comprehensive and have direct communication with my patients and their families, while building strong relationships and providing ongoing follow-up with all the GPs I work with.

“I have a very high patient retention and believe my empathetic and compassionate bedside manner is one my biggest strengths.”

Originally from Bangladesh, Dr Khadem studied and completed his Fellowship in Internal Medicine at the Tertiary Teaching Hospital in Dhaka, where he also practised for several years.

He immigrated with his young family to New Zealand in 2006 and completed his Internal Medicine training in Dunedin Hospital (Otago University), as well as working and training at hospitals across the South and North islands.

After deciding to relocate his family and career to Australia, Dr Khadem worked as a physician in Internal Medicine at Princess Alexandra Hospital, also acting as deputy-director and director of its perioperative medical service. He also worked at Gold Coast University Hospital prior to commencing his full-time private practice at Sunnybank Private.

Having been actively involved in research, student teaching and as an examiner for RACP, Dr Khadem is passionate about passing on his knowledge and experience to junior doctors and currently oversees a cohort of University of Queensland medical students at Sunnybank Private.

He is a member of the Internal Medicine Society of Australia and New Zealand (IMSANZ) and Australasian Doctors Association (AADA).

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Dr Gunasiri Mallikarachchi

Dr Gunasiri Mallikarachchi’s first and most challenging posting as a physician in Australia was in the remote Queensland mining town of Mount Isa, where he was one of two doctors working at the town’s only hospital treating the region’s population of 20,000.

During his demanding time in ‘The Outback’, it would not be uncommon for Dr Mallikarachchi – known affectionately as ‘Dr Malli’ – to see 40 to 50 patients a day and work for up to 24 hours at a time.

“The closest hospital was in Townsville, which was a 10-hour drive or one-hour flight with the Royal Flying Doctors,” said Dr Malli, originally from Sri Lanka and who chose to come to Australia after a number of years training as a junior doctor in New Zealand.

“The majority of our patients were indigenous and some were from the most remote areas of the region – as far as the Northern Territory border – with illnesses including serious kidney and liver disease, infections, alcohol and drug abuse issues and even active tuberculosis, which would have ordinarily seen them quarantined in most parts of the country.”

Equipped with a vast amount of skills and experience from his two years in Mount Isa, Dr Malli took an Internal Medicine posting at Brisbane’s Prince Charles Hospital, where he completed his advanced training to become a specialist General Physician.

Dr Malli then joined Queensland Health and practised throughout the public health system in Redlands, Logan, Ipswich and Gympie, before opening his clinic at Sunnybank Private three years ago.

Like his fellow Internal Medicine colleagues at Sunnybank, he specialises in patients of all ages and the entire human medical condition - neurology, cardiology, respiratory, rheumatology, dermatology, gastrointestinal and even psychiatry.

“I like identifying multiple problems and taking a holistic approach towards care and have a specific skill for identifying underlying issues for in and out patients with multiple complaints,” Dr Malli said.

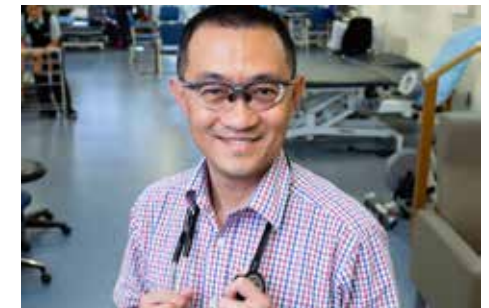
“A patient may come to me with diabetes and pneumonia, but at the same time they have an ongoing heart problem, depression and their kidneys are failing.

“The diabetes specialist may find it difficult to look after that patient because they don’t know what is happening to the rest of the system, so that is where general physicians come in.

“It is a very specialist niche in medicine, which is catered for very well at Sunnybank Private Hospital with its physicians and state-of-the-art treatment facilities.

“With Internal Medicine Physicians embedded in hospitals and working alongside other specialists, patients with complex medical conditions ultimately enjoy the best of both worlds with their treatment.”

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Dr Victor Lim

Dr Victor Lim is Director of Rehabilitation Services at Sunnybank Private, where he has been based since he completed his specialist training.

Apart from general geriatric medicine, he has a special interest in stroke management, geriatric rehabilitation, dementia and orthogeriatric services and provides comprehensive geriatric care from the acute phase through to rehabilitation and discharge planning.

This is reflected in the successful orthogeriatric service that has been established at Sunnybank Private Hospital.

Dr Lim graduated from University of Queensland and completed his training in geriatric medicine at various centres in Australia, New Zealand and the United Kingdom.

He consults at the Sunnybank Private Medical Centre, with all his inpatients at Sunnybank Private.

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SUNNYBANK PRIVATE KICKING GOALS WITH LOCAL RUGBY CLUB

“With this partnership, we will see a more integrated approach to player treatment, medical support and close-links with specialists.”
– General Manager of Sunnybank Rugby, Gaven Head

Sunnybank Private Hospital has this year teamed up with Sunnybank Rugby to become a major sponsor and hospital partner for the local club.

As part of the three-year sponsorship deal, the club’s players will be provided ongoing support by the hospital and access to the best treatment options available.

Sunnybank Private Hospital General Manager Tony Williams said the partnership signaled an ongoing commitment to the local community.

“Sunnybank Rugby Club is the first of our major sponsorships and we couldn’t be happier supporting such a popular organisation,” he said.

“It’s shown a big step forward not only for the hospital but for the Sunnybank community in general.

“We are looking forward to seeing where this relationship takes us and how we can be more instrumental in offering the best care available for local athletes.”

Gaven Head, General Manager of Sunnybank Rugby, said the club was thrilled to have the support and expertise of Sunnybank Private.

“We couldn’t be more delighted to have Sunnybank Private Hospital on board and the partnership extends far beyond just financial support,” he said.

“With this partnership, we will see a more integrated approach to player treatment, medical support and close-links with specialists.

“Plus, players will be able to be treated locally without having to travel further for often more expensive and drawn-out treatments.

“We are also confident the players will receive the absolute best in care to keep them in peak athletic condition, giving them less time off the field and more time immersed in the game.”

Gaven said the club prided itself on its quality support for players and the new partnership with Sunnybank Private further cemented this commitment.

“Both organisations have the same core values at heart, so it’s fantastic to know our goals moving forward are strategically aligned,” he said.

SUNNYBANK ORTHOPAEDIC SURGEON ALIGNS WITH LOCAL RUGBY SIDE

Orthopaedic surgeon Dr Brett Collins has become the ‘go-to’ specialist for Sunnybank Rugby Club players as part of the hospital’s sponsorship of the local club.

The knee and shoulder specialist said he was delighted to be involved with the club and show his support for the local community.

“I’ve really enjoyed working with Sunnybank Rugby and think the partnership will be a mutually beneficial arrangement into the future,” he said.

“These players are playing a high intensity contact sport where unfortunately injuries are prevalent, so I’m thrilled to be able to help them wherever I can.

“As a doctor in the local community I think it’s really important to put your hand up for these sorts of opportunities and I’m looking forward to continuing to work with Sunnybank Private Hospital and Sunnybank Rugby to optimise player care.”

As part of the partnership, Dr Collins said following a player injury, he would liaise with the club’s medical team and physiotherapist to determine and coordinate the best treatment plan.

He said when it came to a sporting injury, having the right treatment plan the first time around was paramount.

“Sometimes a treatment plan can simply involve giving advice on how the injury can be managed through the season – providing it’s something they can still play with – and then we schedule the surgery early in the off-season,” he said.



“In other cases, however, surgical intervention is needed immediately and in this scenario having the support of Sunnybank Private and myself is vital.

“Often the players that I see are young people that want to get back to work, as well as on the field.

“As with any injury, patients just want to be back on their feet fast and the quicker we can do that, the better it is for the patient, the team, the workforce and the community at large.”

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ORTHOPAEDIC SURGEON ADOPTS SINGLE TENDON HAMSTRING TECHNIQUE FOR ACL RECONSTRUCTION

A new technique for ACL reconstructive surgery using a single tendon hamstring has been shown to result in less pain for the patient, better stability post operation and quicker rehabilitation.

New Sunnybank Private orthopaedic surgeon Dr Raj Krishnan said the single tendon technique varied slightly from the traditional method and had a number of key benefits.

Traditionally, a torn ACL reconstructive surgery involves the replacement of the damaged ligament with new ACL graft tissue – usually taken from the hamstring.

Dr Krishnan said the key difference between the traditional method and the new technique was how this graft tissue was prepared.

“The traditional method usually involves using two hamstring tendons and folding them over to make a four-strand graft,” he said.

“These are then fixed in place in the knee with a screw in the femur and a screw in the tibia.

“The new technique involves using only one hamstring tendon, rather than two.

“With the one hamstring tendon, we fold it over four times so we’re still creating a four-strand graft – and a bigger one too.

“This new method is also fixed differently. Rather than screws, ACL tight rope (Arthrex) is used.

“The graft is passed through a strong fibre loop and then that fibre loop is shortened to tighten the graft once it’s in place.”

Dr Krishnan said this technique had many benefits.

“Being able to tension the graft like this is extremely beneficial and offers better stability for the patient post surgery,” he said.

“Also, as we’re only using one tendon, there’s less pain overall from donor site from tendon harvesting.

“Patients also experience quick rehabilitation, again because they’re not dealing with the pain from both hamstrings.”

While there are many benefits to this new method, Dr Krishnan said it was not suitable for everyone.

“If a patient has a thin or short hamstring tendon, the new technique won’t work as the tendon won’t be long enough,” he said.

“In this instance we would need to take the other hamstring tendon to make the necessary size graft for the success of the reconstruction. While a case like this is rare, it can happen.”

As a result of this, Dr Krishnan said it was important to offer patients both methods.

“There are still many surgeons sticking with the quadruple tendon reconstruction (the traditional method) - it’s really just up to surgical preference,” he said.

“However, being able to offer both techniques gives my patients more options and overall benefits.”

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Right: Dr Raj Krishnan - Orthopaedic surgeon



Left: Dr Joshi proudly wears his Sunnybank Private shirt at base camp

Dr Sanjay Joshi spends his working days promoting the benefits of physical activity to his patients.

Now the respected orthopaedic surgeon has backed up his message by practising what he preaches.

"I lost 10kg in 10 weeks," the 59-year-old said of a training regime that enabled him to complete one of his lifelong goals – a trek to Mt Everest's famed base camp in Nepal.

"That was purely from working out - not from dieting. I would spend two hours in the gym every day after work, mainly doing cardio training.

"Previously I was quite unfit. I was going to the gym but there was no way I was fit enough to trek to base camp. Now my cardio ability and general health has improved and it's given me motivation to do more of this in the future.

"I'd recommend having a goal like this to anyone because it has improved my fitness tremendously."

Dr Joshi, who consults at Sunnybank Private Hospital, is no stranger to foreign lands.

Having completed basic medical training in Mumbai, he undertook his orthopaedic education and training in India and South Africa before migrating to Australia in 2005.

Today he runs a full-time private practice specialising in trauma, general orthopaedics and arthroscopic surgery of the knee and shoulder.

"Being available is very important for a surgeon and I've found that by ensuring I have plenty of consulting time, I can see patients at short notice and they appreciate that so much," Dr Joshi said.

Many of his patients have also appreciated his recent physical endeavours that saw him join a fellowship of medics on a journey he has long dreamed of.

"I was keen to go the mountain for a long time but was never fit enough," he said of Mt Everest, the world's highest peak at 8848m.

"Then it happened all of a sudden when a group of doctor friends from all over the world decided to go to Nepal. There were nine of us



Dr Sanjay Joshi during his epic trek to Mt Everest's base camp

from the US, United Kingdom, Dubai, Canada and Australia - and I'm glad I took a leap of faith to join them."

Before then, however, he had to get fit.

With base camp sitting at 5250m and a mostly uphill trek of 10 days – not to forget a two-day descent – Dr Joshi was well aware there were going to be tough moments on the trail.

"I knew it would be difficult but I was quite prepared," he said.

"I did regular hiking for eight weeks in the lead-up and also trained at an altitude gym in Wellington Point that brings the oxygen level down to mimic an altitude of 4000-5000m.

"I went through rigorous sessions and suffered beforehand because my personal trainer kept putting it in my head that it would be better to cry during training than be crying at Everest."

Having completed his goal of reaching base camp – even donning a Sunnybank Private Hospital shirt for the big moment – Dr Joshi then pushed himself even further by trekking 350m higher for the most magical sunrise of his life.

"That's where the best view of Everest is," he recalled.

"We started trekking from base camp at 3am with headlamps on. It was snowing everywhere and would have been -15C. We were wearing 10 layers of clothes and between the low oxygen level, the steepness and the thick layer of snow, we could only go one step at a time.

"It took us about three hours to reach the spot but then came the moment when the sun rose over Everest. It was almost like a flame coming from the tip. It was spectacular.

"It made all the training worth it and my message to every one is that you don't have to be an athlete or train every day for a year to experience these things.

"You just have to be really focused for a period of time to achieve your goals."

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SURGEON'S EVEREST ADVENTURE TAKES HIM TO GREATEST HEIGHTS

3D TECHNOLOGY PREDICTS PATIENT OUTCOME IN AUSTRALIA-FIRST SPINAL SURGERY

“By performing virtual operations in the lead-up to surgery, we can design as many plans as needed until we get the optimal outcome.”

– Sunnybank Private Hospital Neurosurgeon, Dr Neil Cochrane



Neurosurgeon, Dr Neil Cochrane

In an Australian-first, a Sunnybank Private Hospital neurosurgeon has performed complicated spinal surgery using 3D technology that plans and predicts the outcomes of the procedure.

Dr Neil Cochrane performed a posterior lumbar fusion using a rod that was specifically created for his 67-year-old patient using 3D modelling and predictive software to ensure it is the right fit now and into the future.

Dr Cochrane said the technology enabled doctors to make more accurate decisions about spine surgery, which would result in better patient outcomes and reduced risk of revision surgery.

He said it also meant surgeons could help patients with severe scoliosis, deformities and degenerative diseases who would otherwise be confined to a life of debilitating back pain.

“The concept of putting spacers in the spine with screws and rods is not new but the ability to ‘practise’ the surgery through a virtual operation and predict the outcome is groundbreaking in Australia,” he said.

“Traditionally, surgeons have shaped the rod by eye, bending it with their hands during the operation, taking up to an hour in theatre.

“Despite our best efforts, we can’t achieve the perfect alignment and by under-correcting or over-correcting the spine, further degeneration occurs over time.

“With the new technology, we can now create the perfect rod shape for each individual patient, which means we are gently manipulating the vertebra bones to the correctly-shaped rod rather than bending a rod to the fit the position of the vertebrae, which ensures that the alignment and balance of the spine is ideal from the outset, reducing the need for further surgery later in life.

“The 3D planning not only tells us the curvature of the rod, but also what implant height and angles work best for the individual’s spine.

“The software predicts the patient’s outcome in two to five years, allowing the surgeon to readjust the curvature of the rod preoperatively to improve results.

“By performing virtual operations in the lead-up to surgery, we can design as many plans as needed until we get the optimal outcome.

“Not only does this accurately reproduce the natural spine, it reduces operating times and



Dr Neil Cochrane has undertaken an Australian-first surgery at Sunnybank Private

infection risks, leads to faster recovery and return to work, and decreases the risk of rod breakage by 86 per cent.”

The technology has been available in Europe and the USA since 2015, with more than 2,000 patients already benefiting from it in France.

Dr Cochrane said data from every operation across the world was collected and centrally correlated so the software was constantly learning to make its predictions more accurate.

“It’s a form of artificial intelligence,” he said.

“If you have a tool that allows you to preoperatively plan a surgery, create rods and chose appropriately-sized spinal implants unique to each patient, it’s invaluable.

“This technology brings a level of accuracy and reproducibility that we haven’t had before.

“It makes the surgery more precise, the outcomes more predictable, and results in a spine that has more balance, less pain and less chance of needing future operations.”

Dr Cochrane performed the seven-hour operation at Sunnybank Private in two stages - firstly through a lateral approach, before inserting the screws and rods through a posterior approach.

FOR MORE INFORMATION CONTACT

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INTRODUCING OUR NEW 2018 SPECIALISTS



Dr Andy Chen Cardiologist, Cardiac CT Specialist

Dr Andy Chen is an accredited cardiac CT specialist with a passion for clinical cardiology and multimodality cardiac imaging. He has special interests in chest pain and acute coronary syndrome, syncope, arrhythmias, heart failure, valvular heart disease and coronary angiography.

Dr Chen, who speaks fluent Mandarin and Taiwanese, obtained Fellowship of the Royal Australasian College of Physicians after completing eight years of hospital training.

Having completed a Bachelor of Medicine and Bachelor of Surgery at New Zealand's University of Otago in 2008, he did physician training before undertaking cardiology training at Sydney's Liverpool and Campbelltown hospitals, both of which were busy tertiary

teaching centres.

Dr Chen completed Cardiac CT accreditation training at St Vincent's Hospital in Sydney and has presented his research at major overseas conferences. He was also a Conjoint Associate Lecturer at the South Western Sydney Clinical School.

Dr Chen is a visiting specialist at Sunnybank Private Hospital and is committed to providing quality, patient centered and evidence driven health care.

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Dr Jilani Latona Cardiologist

Dr Jilani Latona is a cardiologist who offers bulk billing consultations and testing on site at the McCullough Centre.

A general cardiologist, he completed a fellowship in advanced echocardiography at Brisbane's Prince Charles Hospital and is currently a part-time staff specialist at Logan Hospital.

With subspecialisation in echocardiography, Dr Latona's main areas of interest in cardiology include preventative cardiology, management of chest pain, coronary heart disease, arrhythmias, heart failure and valvular heart disease.

Dr Latona obtained his medical degree in Cape Town, South Africa, where he also worked as an intern. After spending a year in New Zealand, he relocated to Brisbane where he completed his basic physician training at The Prince Charles Hospital.

He undertook his advanced training in cardiology at Gold Coast University Hospital and Prince Charles Hospital and obtained his fellowship from the Royal Australasian College of Physicians in 2015. He then went on to complete his fellowship in advanced echocardiography at The Prince Charles Hospital where he trained in multimodality transthoracic echocardiography, transoesophageal echocardiography and stress echocardiography.

Dr Latona, who speaks fluent French, also published his research both nationally and internationally during his training.

Dr Latona offers bulk billing consultations and testing on site at the McCullough Centre.

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Dr Dheeraj Shukla Gastroenterologist

Dr Dheeraj Shukla has a subspecialty interest in inflammatory bowel disease and the scope of his practice encompasses therapeutic endoscopy, colonoscopy and general gastroenterology.

He completed his basic physician training at Sydney's St George Hospital and his core gastroenterology advanced training at Prince of Wales Hospital, also in Sydney. He then embarked on a clinical fellowship in inflammatory bowel disease at the Mater Hospital in Brisbane.

During his training, Dr Shukla was exposed to all aspects of clinical and procedural aspects of gastroenterology and hepatology, and developed special skills in inflammatory bowel

disease and diagnostic and interventional endoscopy.

Prior to his gastroenterology training, he worked in many areas of medicine in Australia and the UK.

Dr Shukla is actively involved in teaching medical students including physician and gastroenterology trainees in his concurrent staff specialist position at Logan Hospital and as a Senior Lecturer at Griffith University.

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Dr Usama Zafar Upper Limb and Sports Orthopaedic Surgeon

Dr Usama Zafar is an orthopaedic surgeon with a focus on upper limb (hand, wrist, shoulder) and sports (shoulder and knee) orthopaedics, as well as trauma cases.

Having worked for two years at Birmingham's University Hospital in the United Kingdom, he moved to Australia in 2006 where he completed his specialist training.

He has worked in a variety of settings, from regional centres to major metropolitan hospitals, and has a broad range of knowledge and experience in orthopaedics. His main areas of interest are upper limb and sports surgery, and he gained experience during his training in both trauma and elective operative techniques.

Upon finishing his orthopaedic training, he embarked on subspecialist training in upper limb and sports surgery.

This included completing a hand fellowship at Sydney South West Hand Service where he gained exposure to a breadth of trauma and elective hand and forearm surgery, including complicated reconstructive procedures.

Following that, he returned to Brisbane to complete a sports surgery fellowship that provided comprehensive exposure for the management of all aspects of sports, trauma and arthritic conditions of shoulder and knee.

FOR MORE INFORMATION CONTACT

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BEN'S NEW GARDENS ARE THE BEST MEDICINE

““They are really peaceful, relaxing spaces for mums and some have even attracted lots of local birdlife for patients to enjoy.”
– Sunnybank Private Hospital resident gardener, Ben Adams

Gardener Ben Adams in the all-new Sunnybank Private gardens

The great outdoors is all part of the patient treatment experience at Sunnybank Private Hospital, thanks to resident gardener Ben Adams.

Ben makes up the one-man team responsible for sprucing up the gardens filled with colourful flowers and native shrubs, with patients and staff reaping the rewards of his gorgeous green spaces.

During the past three years, his pet project has been dreaming up, planning and bringing to life the green spaces adjoining the maternity and medical wards.

And for Ben, it's extremely satisfying to see patients ranging from expectant mothers to the elderly enjoying his gardens.

“Wherever there is a window, I've tried to give patients and staff a view of the gardens and some general greenery, so they're not just staring at four walls,” he said.

“The gardens are a good place for patients to enjoy the great outdoors and get some fresh air while they're recovering and they're also being used as spaces for doctors to meet with patients and their families who are going through a tough time.

“It's just great for patients and their families and friends who can spend time together in the gardens instead of cramming into a single hospital room.”

Ben said creating relaxing and comfortable outdoor spaces where expectant mothers could retreat while bringing little lives into the world was something he found particularly rewarding.

“I've created two gardens adjoining the maternity ward - one Australian native theme and one with an Oriental feel,” he says.

“They are really peaceful, relaxing spaces for mums and some have even attracted lots of local birdlife for patients to enjoy.

“The mums love the feeling of being in a home away from home and these gardens help them feel a little more peaceful, comfortable and secure during what can be a pretty stressful time.

“Combined with the recent refurbishment to the maternity ward interiors, the gardens also definitely create a more upmarket maternity experience. Mums and their families have access to their own private decks where they can relax and there are also communal native gardens where the kids can run around and play.

“To be honest, I think a few nervous dads like to sneak out into the gardens for a bit of a breather as well.”

Ben has already started work on creating his fourth garden as part of Sunnybank's rehabilitation ward – an interactive, tactile space to be used by rehab staff and their patients, which is expected to be completed by the end of 2018.

NEW MUMS ENJOY LAP OF LUXURY AT SUNNYBANK PRIVATE

““The birth of a child is a special time and these new luxury initiatives are making it even more special for our mothers and their loved ones,”
– Sunnybank Private Maternity Manager, Ann Brosnan

Earlier this year, Sunnybank Private Hospital introduced heart warming initiatives that are now proving popular amongst our new mums. As part of a range of new luxury services, parents can enjoy a complimentary high tea for up to six family and friends that can be pre-ordered and hosted in their room or on the seating area of our beautiful landscaped garden. Patients also receive beautiful beauty products by Appelles and can enjoy a hand or foot massage two afternoons per week.

Every room now includes an Ottoman that folds out to a comfortable single bed for partners, making a couple’s first days with their newborn as relaxing and enjoyable as possible. Rooms also include dining tables and chairs as well as specifically selected breastfeeding chairs by Sunnybank Private midwives to allow a natural feeding position.

The addition of the luxury services follows an upgrade of the hospital’s maternity ward, including additions to the birth suites designed to create a calming atmosphere and redesigned rooms that make post-birth stays feel more like home.

Sunnybank Private Maternity Manager Ann Brosnan said the hospital was excited to bolster its luxury services to complement its exceptional clinical care.

“The birth of a child is a special time and these new luxury initiatives are making it even more special for our mothers and their loved ones,” she said.

“Amid the whirlwind of the first few days of a baby’s life, hosting a high tea or indulging in a massage allows mothers to further enjoy their stay in hospital.

“We have long been known for offering a highly regarded, end-to-end maternity service, including childbirth education, early bird physiotherapy classes and antenatal, intrapartum and post-natal care, and these luxury services are the cream on top.”

To make overnight stays feel more like home, the rooms also feature ample cupboard space with drawers, luggage storage, a refrigerator, private bathroom, adjustable lighting and block-out blinds with sheer curtains that let in natural light while allowing for privacy.

New mums are also offered attractive rates for newborn photography, captured by Sarah Scott Photography. These images are natural, not posed and can often be when family members/siblings are meeting the baby for the first time.

“Our service doesn’t end after discharge either,” Ms Brosnan added.

“We provide in-home visits and a newly introduced postnatal exercise and baby massage class, facilitated by our qualified women’s health physiotherapist.

“We have also introduced CPR and first aid classes for new parents, conducted at the hospital, providing parents with the knowledge and skills to recognise and respond to their sick or injured child with confidence.”

FOR MORE INFORMATION CONTACT
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Our complimentary high tea for all new mums

Inset: Beauty products are now part of the experience.

HIGH PRAISE FOR REFURBISHED WARD



Sunnybank Private's refurbished maternity ward has received the tick of approval from the people who matter most – new mums.

Nicole Nicol, who is on maternity leave from her job at Sunnybank Private was involved with the implementation of the new maternity services and got to experience it for herself after giving birth to baby Harper earlier this year. Nicol said her and her family certainly enjoyed the complimentary high tea and the

little things such as the express massage for her feet, complimentary slippers, lovely beauty products as well as in room complimentary fruit and snacks, made all the difference to her stay.

Another happy mum who gave birth to twins at the hospital, spoke to the *Southern Star* during her stay and said the high tea was "awesome". "It's the best hospital ever", said Mrs Simons, who was also born at Sunnybank Private. "I would definitely recommend other

women to come here because the facilities are great, the room is big and I got a foot massage and high tea".

"It's been really relaxing. I don't want to go home".

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Opposite: Nicole Nicol in one of our newly refurbished maternity rooms with baby Harper.

Above: Sarah Scott's beautiful photography – part of our new look maternity ward.

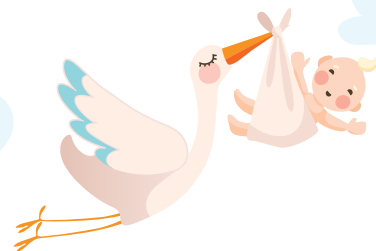
Top Right: Complimentary express foot massages.

Right: The outdoors is only a step away for mums and bubs at Sunnybank Private.





Sunnybank
PRIVATE HOSPITAL
Maternity



FEATURES

Specially Feng Shui designed rooms with comfort and privacy in mind

Dining tables and chairs

Added luxury items such as complimentary high tea, foot massages, in-room fruit and snacks and beauty products

Fold out Ottoman single beds for partners

Private ensuite

Ample cupboard space with lockable drawers, luggage storage, refrigerator and adjustable lighting

Specially designed breastfeeding chairs

Ground floor level with access to beautifully landscaped gardens and seating for family and friends

Free parking for family and visitors
