

## SCLMA President's Message .....

### Dr Roger Faint



*I was a panelist at the Sunshine Coast Health Institute (SCHI) Symposium on the 8th September.*

*The topic was 'How to develop the Hospital - Primary Care Interface to prepare for the Future'.*

*It was a great success and will be repeated next year!*

*There is one obvious problem, which is the lack of Sunshine Coast General Practitioners with their Practices increasingly closed to new patient appointments and associated rapidly declining bulk billing rates.*

*Of course, this means patients will increasingly attend local Emergency Departments.*

*To my mind, one early obvious problem is the challenging financial issue for a GP registrar. To clarify: to leave the Queensland Health system as a junior doctor to undertake GP training is to take a significant pay cut and often the young doctor has a loan or young family.*

*To my mind the future is now the present and the health system and patient care is being significantly challenged. This includes ambulance response times, bypassing local emergency departments and ramping. Despite this, I am still convinced that Australia, including Queensland and the Sunshine Coast, has a very capable medical system which provides good care overall.*

*Patients often speak glowingly with regards to acute emergency care within the Sunshine Coast Health District. There are however significant deficits in communication and respect with regards to geriatric patients and I can't help feeling that 'ageism' is an ongoing problem.*

*The ongoing issue of prolonged outpatient ('ambulatory care') waiting and surgical list times for young patients needing joint surgery and replacements for their chronic pain is ever more pronounced.*

*I don't see an answer except for the obvious injection of increased dollars to mostly employ more health professionals, which is a perennial issue and difficult in the current COVID climate.*

*The phrase 'communication, communication, communication' comes to mind and I know Dr Peter Gillies (CE), and Dr Marlene Pearce (EDMS) will have discussed this and planned early solutions.*

*Apologies regarding the pontification and now to the fun part of my article.*

*The SCLMA/Wishlist fundraising Cocktail party will be on the 8th October.*

*This year, the SCLMA is looking for 250 attendees (190 last year) and to fundraise over \$40 000 (\$30 000 last year).*

***There are fantastic prizes on offer including:***

- *A Hayman Island weekend organised through Scott Downes with return flights (Sunshine Coast Orthopaedic Group and Cheryl Ryan of 123 Travel),*
- *A Noosa long lunch at Sails (Heart HQ) and likely*
- *A Spirit House cooking class for 8 (Genesis HealthCare),*
- *Jewellery donated from Scott Coggan of Opals Down Under with other prizes being finalised.*

*The success of the night will obviously depend on M7, the legendary medical band and speaker Dr Ken Wishaw, anaesthetist and his background of military experience.*

*I look forward to seeing you there*

*Dr Roger Faint, President*

**<https://www.wishlistfundraising.org.au/event/sclma-gala>**

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The Sunshine Coast Local Medical Association welcomes contributions from members, especially *'Letters to the Editor'*.

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**SEPTEMBER 2022  
NEWSLETTER**

**Deadline FRIDAY  
30th SEPT 2022**

- What would you like to see in the newsletter?
- Do you have some jokes we can publish (and not offend anyone!!).

**Our circulation via email, post and courier (Sullivan Nicolaides Pathology) reaches more than 1,000 recipients!**

**Contact Jo: Mobile: 0407 037 112**

**Email: admin@sclma.com.au**

**Fax: 5479 3995**

*We welcome new content - case studies, local news and photos.*

*If you are a new member, please send in a short bio and a photo to introduce yourself.*

**NOTE:** *We are planning to change to digital only newsletter distribution over the next month.*

## ARE YOU A MEMBER?

If you are not a member please complete the application form available on the website:

**www.sclma.com.au.**

You will need two proposers to sign your application form. If this is a problem, come along to a monthly clinical meeting to introduce yourself

**Enquiries: Jo Ph: 0407 037 112**

**Email: admin@sclma.com.au**

Are you listed on the Member Directory on our website? Are your details correct?

**Directory form available on the website.**

**www.sclma.com.au**



**HIGHLIGHTS in this issue:**

- P 4-6: SCHHS - Dr Marlene Pearce EDMS  
 P 8-9: SCHHS - GPLO August Update  
 P 11: PHN - New CEO - Julie Sturgess  
 P 13: BPH - August Update  
 P 15: SCUPH - Justin Greenwell CEO  
 P 17: **HOW MUCH SCREEN TIME?**  
*Dr Wayne Herdy*  
 P 21: POOLE GROUP - FBT Exemption  
 P 27: TRAVEL - The Ghan  
 P 30-31: AMA Qld - PRESIDENT'S REPORT  
 P 35: CLASSIFIEDS  
 P 36: GALA COCKTAIL DETAILS

**Please 'like', 'share' and 'follow' our Facebook page: *sunshinecoast local medical association.***

***<https://www.sclma.com.au>***

**DATE CLAIMERS:****THURSDAY 29 SEPTEMBER****VENUE - MAROOCHYDORE SURF CLUB FUNCTION ROOM****USC THOMPSON INSTITUTE**

*The Clinical Research Team will present on latest Clinical Trials and research outcomes.*

**ALSO:**

**TBC: Chris Birtles, OT, North Coast Rehab Services : OT driving assessments - how they are done, for what conditions, and best way to refer etc.**

**SATURDAY 08 OCTOBER****GALA COCKTAIL PARTY TWIN WATERS.**

**Direct ticket link is <https://www.wishlistfundraising.org.au/event/sclma-gala>.**

**FRIDAY 14 OCTOBER****Variety Queensland fundraiser.****Drag Queen Bingo!!****Friday 14th October.**

**Nambour Bowls Club (Coronation Avenue, near Showgrounds).**

**\$25 entry, snacks, no meal.**

**Bring a table and have a wild time, all for the benefit of a children's charity.**

**Contact Wayne Herdy's office 54915666 to book.**

**THURSDAY 27 OCTOBER 2022****VENUE - MAROOCHYDORE SURF CLUB FUNCTION ROOM**

- **IN PROGRESS (AGM)**
- **MORE INTEREST INVITED**

**THURSDAY 24 NOVEMBER 2022****VENUE - MAROOCHYDORE SURF CLUB FUNCTION ROOM**

- **IN PROGRESS**
- **MORE INTEREST INVITED**

**We are seeking more interest for available dates listed above.**

**Corporate sponsorship welcome! Speakers and topics need to be approved by SCLMA Meetings Convenor.**

**Presentation time for speakers is 20 minutes plus Q&A**

**Queries: Jo Ph: 0407 037 112**

**Email: [admin@sclma.com.au](mailto:admin@sclma.com.au)**

***Have you checked out the revamped SCLMA website?? Already you can pay your renewal or membership application with one click!***



***Are you listed on our Members' Directory?***

***Do your details need to be updated?***

***<http://www.sclma.com.au/members/>***

***Contact: Jo - [admin@sclma.com.au](mailto:admin@sclma.com.au)***

***Ph: 0407 037 112***

***Please pass this newsletter to someone who might like to become a member!***



***ALL NEWSLETTERS ARE ON OUR WEBSITE***

***<https://www.sclma.com.au>***



## HEALTH SERVICE LINK - AUGUST 2022

Dear SCLMA Colleagues,

This month I got to join the Emergency Department team at SCUH at an event to thank Uncle Paul Calcott, for artworks he created for triage in SCUH ED. Paul is a proud Wiradjuri man whose artwork has been displayed in collections around the world, and we are fortunate that he has chosen to call the Sunshine Coast home.

Last year the Emergency Department received a grant to improve the cultural safety of the department for Aboriginal and Torres Strait Islander people through the PROV-ED Culturally Welcoming Emergency Departments program. Part of this grant was used to commission the artwork provided by Uncle Paul.

The works display a beautiful triptych that illustrates the mountains, beaches and ocean of the Sunshine Coast. It depicts the journey of people who are unwell coming to the hospital, receiving care and treatment from medical, allied health, and support staff, such as the Aboriginal and Torres Strait Islander health team, and returning to the community healthy and able to engage with life again. This is the goal of every member of the Emergency Department team, to help people overcome their health challenges and live their best life.

The ED team (in particular Dr Kent Perkins) extend thanks to Uncle Paul for producing this work, he has been a true symbol of patience and encouragement, they are so grateful to have had the opportunity to work with him.

Sunshine Coast Hospital and Health Service is committed to working closely with our community and our partners in providing equality of access to safe, quality healthcare to all in our communities.

We're also committed to building relationships based on inclusion with Aboriginal and Torres Strait Islander people and community as we walk together toward a healthier future.



Chief Executive, Dr Peter Gillies, Dr Luke Burman, Valma King, Uncle Paul Calcott, Dr Marlene Pearce.

## HEALTH SERVICE LINK - AUGUST 2022 /cont:

*Dying to Know Day (8 August 2022) and SCHHS Memorial Event (18 November 2022)*



**Sunshine Coast Hospital and Health Service**

*Memorial Service*

This special event is for families and staff to remember patients who have died this year in our facilities.

*In person or online.*

**Date:** Friday, 18 November 2022  
**Time:** 10am-11am  
**Location:** Sunshine Coast Health Institute, Auditorium  
 6 Doherty Street, Birtinya Q 4575

**RSVP:** By 11 November via QR code, eventbrite  
<https://tinyurl.com/277nwxfa> or  
 email: [Memorial.Service@health.qld.gov.au](mailto:Memorial.Service@health.qld.gov.au)

**Scan to register:**



Dying to Know Day (8 August 2022) is an annual day of action dedicated to bringing to life conversations and community actions around death, dying and bereavement.

Sunshine Coast Hospital and Health Service (SCHHS) End of Life Care Program Manager Wendy Kinton said she sees potential for a culture to be created where death is talked about honestly and compassionately.

“Talking about death and dying gives us an opportunity to creatively explore how we feel towards the unpredictability, yet inevitability of our journey,” Ms Kinton said.

On the day Wendy encouraged the community to talk with their families about Advance Care Planning.

SCHHS is hosting a Memorial Service to remember loved ones who have died in the health service throughout the year.

Friday, 18 November at Birtinya, or online – 10am-11am.

“The service will provide a safe place for people to remember their loved one and to take some time to grieve,” Ms Kinton said.

“Grief is a very individual experience that nobody else may be able to fully appreciate. Attending rituals like a memorial service may help us to move forward. We hope this service will be encouraging for people and bring hope for the future.

“It will also help staff to remember patients and their families who they have cared for in the course of their work, or even mourn their own family members.

You can encourage patients to attend – registrations:

<https://www.eventbrite.com/.../sunshine-coast-hospital...>

## HEALTH SERVICE LINK - AUGUST 2022 /cont:

### Medical Profile - Dr Marco Giuseppin, Clinical Director Community and Preventive Health



**Link: <https://vimeo.com/739497925/e118a245b5>**

He may have started his healthcare career as a pharmacist, but for Dr Marco Giuseppin, medicine is exactly what the doctor ordered.

Dr Giuseppin, Sunshine Coast Hospital and Health Service's Clinical Director Community and Preventative Health, says seeing the impact of chronic disease within his extended family and the diagnostic challenge of medicine ultimately led him to become a doctor. He says it was an easy decision for him to work in general practice and rural medicine because he wanted to gain broad experience in managing chronic disease, and as a rural generalist, he also has experience working in anaesthetics and the emergency department.

"It's been a really incredible journey for me, and I've learned a lot. I've had the opportunity to learn from some incredible people and developed some incredible skill sets," Dr Giuseppin said.

While the increasing population in the Sunshine Coast region brought with it many challenges, Dr Giuseppin said there were also opportunities to change the way we care for our community.

"Sunshine Coast Hospital and Health Services is also undergoing a transformation as it becomes a tertiary level facility, but there are also pockets of rural healthcare in our region as well in places like Gympie and Maleny which also have an important role in delivering the service," he said.

"I think it's important we bring some of that rural mindset into our thinking about how we develop our services and really use that ability to make a difference in delivering care to our community."

Dr Giuseppin said there was now a shift in the medical workforce which was becoming more generalist.

"Twenty years ago, we were all very sub-specialised and everyone was moving into their little niche within medical practice," he said.

"We obviously need very good sub-specialist practitioners, but we've seen some incredible developments in terms of what we call the generalist medical workforce.

"This means we have an increasing number of doctors that have a really broad set of skills to look after the entire person. They can then use their sub-specialist colleagues to manage the really difficult problems that they may struggle to manage."

While COVID-19 has brought with it many challenges, it has also seen innovation in healthcare, according to Dr Marco Giuseppin.

"One of the great things that has emerged through the COVID-19 pandemic is increasing the role of virtual healthcare," he said.

"Our service is currently managing a COVID-19 virtual ward, and while we're currently experiencing an uptick in cases, we've been able to provide excellent care for our patients and I'm extremely proud to be part of this team.

"I think when people think about virtual healthcare, they think about phone calls and video calls, but it's really so much more than that and as a society and as a medical community, we're really only scratching the surface in terms of what virtual healthcare can offer.

"There's many other things we can use - artificial intelligence, machine learning, and synchronous and asynchronous virtual care modalities to really help improve access and outcomes for our patients.

"The future of virtual healthcare is really exciting and I'm looking forward to being part of that," Dr Giuseppin said.

Kind regards,

Dr Marlene Pearce

Executive Director Medical Services



# CONCUSSION MANAGEMENT

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## Tickets for the 2022 SCLMA Gala Celebration are now live!

Join us for the annual SCLMA Gala Celebration on Saturday October 8 at Sunshine Coast Convention Centre, Novotel Twin Waters.

Live entertainment, raffles and delicious food will be served. Dress in your finest cocktail attire.

Tickets of 10 are available for \$1500 (\$150 each).

Find out all the details at: [www.wishlistfundraising.org.au/event/sclma-gala](http://www.wishlistfundraising.org.au/event/sclma-gala)

This year, the SCLMA is looking for 250 attendees (190 last year) and to fundraise over \$40 000 (\$30 000 last year).

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The success of the night will obviously depend on M7, the legendary medical band and speaker Dr Ken Wishart, anaesthetist and his background of military experience.

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# GP Liaison

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*Dr Edwin Krays and Dr Michelle Johnston*



## Early Pregnancy Bleeding

An urgent review and ultrasound in ED is not indicated for most women with early pregnancy bleeding. Pain and bleeding in early pregnancy is common. Up to 60% of women experience vaginal bleeding in the first trimester of pregnancy usually this will settle spontaneously as the pregnancy progresses. Women who have had an ultrasound showing a viable intrauterine pregnancy with a fetal heartbeat performed after 7 weeks have a **low** rate of miscarriage.

Women with minimal bleeding/pain who are haemodynamically stable with a known intra uterine pregnancy presenting to the Emergency Department will be advised to see their GP for follow up. An ultrasound scan in the Emergency Department is not indicated if women have had a previous ultrasound scan which confirmed an intrauterine pregnancy.

Bleeding in early pregnancy that is suitable for review in ED includes:

- Bleeding with pregnancy of unknown location
- Bleeding with suspected or confirmed ectopic pregnancy on scan
- Heavy bleeding that is ongoing
- Haemodynamic instability

*Please consider discussing this when patients present during their antenatal visit as part of expectation setting.*

## SCHHS Early Pregnancy Assessment Service (EPAS)

EPAS is an alternative service to assist GPs and women in management of miscarriage or ectopic pregnancy. EPAS is the SCHHS rapid access outpatient pregnancy assessment clinic for women with early pregnancy loss (< 20 weeks gestation), including stable ectopic pregnancies.

*Referral criteria:*

- Clinically stable
- < 20 week pregnancy size on ultrasound or by dates
- Experiencing mild symptoms
- Diagnosed miscarriage (incomplete or missed) on ultrasound wishing for medical or surgical management, or after a trial of conservative management
- Pregnancy of unknown location or molar pregnancy requiring follow-up
- Confirmed or suspected ectopic pregnancy
- Threatened miscarriage (open cervix)



Please be aware that EPAS is not intended to manage small amounts of bleeding in early pregnancy in the setting of a confirmed live intrauterine pregnancy and a closed cervix.

Please notify women who have experienced miscarriage and are wanting surgical management of miscarriage that SCHHS is moving away from inpatient surgical management and towards Manual Vacuum Aspiration (MVAC) allowing for outpatient management.

Before sending a referral, please phone the EPAS coordinator – gynaecology clinical nurse consultant (CNC) on (07) 52027241 between 7.00 am and 3.30 pm for further information, request for assessment, and appointment assistance. **This phone line is for clinicians only – please do not share it with patients.**

For more information please visit HealthPathways:  
<https://sunshinecoast.communityhealthpathways.org/13402.htm>

## New Discharge Summary Format: Sign up today!

Discharge summaries sent from Queensland Health (QH) hospitals are now available in Clinical Document Architecture (CDA), which is an easier to read version sent electronically to your GP practice management software and *includes Pathology and Radiology results* in completeness.

### *Is my practice software compatible for CDA?*

Queensland Health is successfully sending discharge summaries in CDA format to practices that are using the following systems: Best Practice LAVA edition or higher (includes Indigo), Medical Director v 3.16b or higher, ZedMed all versions, Genie V8.8.6 or higher, MMEx V22.1.3.1.

### *How can we sign up for CDA delivery?*

All clinics and practices will need to be registered within the Queensland Health electronic distribution directory to be able to receive summaries in CDA format. To do so, please complete the following steps:

1. Update practice details via the Secure Transfer Service (STS) Address Book Update Form - <http://bit.ly/stsmoform>.
2. Sign up for CDA testing by emailing [EDSTV-Corro@health.qld.gov.au](mailto:EDSTV-Corro@health.qld.gov.au) with your practice software details.
3. Work with the testing team to complete the required steps.
4. Provide evidence of a positive test result by emailing a screenshot to the testing team.

Once a positive test result has been confirmed in writing, your practice will be enabled to receive CDA discharge summaries directly into your practice management system.

## The GP Liaison Unit wants to hear from you!

Send us an email or give us a call: [SCHHS-GPLO@health.qld.gov.au](mailto:SCHHS-GPLO@health.qld.gov.au); Phone: 5202 3822

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## Our Team:



**Dr Hong Shue**  
Medical Oncologist  
MBBS (Monash), FRACP



**Dr Brenton Seidl**  
Medical Oncologist  
MBBS, BSc, FRACP



**Dr Sorab Shavaksha**  
Clinical Haematologist  
MBChB (Leeds), FRACP,  
FRCPA (2013)



**Dr Joshua Richmond**  
Clinical Haematologist  
MBBS(Hons), FRACGP,  
FRACP, FRCPA



**Dr Alice Livings**  
Clinical Haematologist  
BSc(Hons), MBBS(Hons),  
FRACP, FRCPA



**Dr Manjunath Narayana**  
Clinical Haematologist  
MBBS, FRACP, FRCPA



**Dr Susie Muir**  
Specialist GP (Palliative  
Medicine)  
MBChB, FRACGP



**Samantha Clutton**  
Clinical Psychologist  
MPsychClin, FCCLP



**Sarah Bloomfield**  
Dietitian & Nutritionist  
APD, APN



**Jesse Goldfinch**  
Exercise Physiologist  
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**Tania Shaw**  
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## ***PHN appoints Julie Sturgess as new CEO***

Central Queensland, Wide Bay, Sunshine Coast PHN announced today that a new CEO will soon lead the organisation. Julie Sturgess, an experienced business leader in the health sector will succeed current CEO Pattie Hudson who is stepping down after 10 years with Medicare Local and the PHN. Pattie said she is delighted to welcome Julie as the new CEO and knows that the PHN will continue to grow and thrive while serving our communities, with Julie's extensive skills and knowledge as a health leader.

Sunshine Coast Health Network (SCHN) Board Chair, Dr Peter Dobson said, "The Board is delighted to appoint Julie Sturgess to lead the organisation and we are very much looking forward to sharing in her knowledge and expertise".

A highly experienced senior leader and CEO, Ms Sturgess has over 35 years' experience in the health care sector as a clinician and senior management executive. Her experience encompasses roles in government and non-government organisations, metropolitan, regional and rural health providers.

Ms Sturgess has a very 'hands on' approach to understanding what is important to recipients of primary health care services. She has a passion for driving the provision of healthcare services and improving access for patients across a range of environments through the implementation of innovative and sustainable solutions for care which promote optimum safety, quality and efficiency, whilst recognising the unique requirements of each community and healthcare provider.

Ms Sturgess brings significant experience as a respected senior leader and CEO, most recently as the CEO of Healthy North Coast for the past four years; an organisation delivering the PHN program on the North Coast of NSW.

Ms Sturgess said, "Advocating for the important role of primary care and community leadership in health and wellbeing, I'm looking forward to the new role and the opportunities to work with local communities across the region to embed this. A move to the region also marks a return home to family which is also exciting", she said.

Central Queensland, Wide Bay, Sunshine Coast PHN is delighted to have attracted someone as talented as Ms Sturgess to lead the organisation in driving the strategic priorities for the region and supporting primary health care to keep our communities strong and resilient. She will join the PHN's accomplished Executive Management Team delivering for the Central Queensland, Wide Bay and Sunshine Coast community.

SCHN Board Chair, Dr Peter Dobson and the Board members thank Pattie Hudson for her passion and dedicated service over the past decade in serving and providing positive health outcomes for our communities and wish her well in her future endeavours.

They acknowledged that Ms Hudson led the successful tender to establish Central Queensland, Wide Bay, Sunshine Coast PHN. Ms Hudson has developed strong partnerships within the government and non-government sector to drive health system reform agenda and most recently, chaired the state-wide response to COVID and flood response. During her time at the PHN, she championed a range of joint initiatives to meet the needs of the most vulnerable in our communities, including the establishment of the Aboriginal and Torres Strait Islander Partnership Roundtable, Gympie Health Hub and the Healthy Towns Awards program to name a few.

Central Queensland, Wide Bay, Sunshine Coast PHN is an independent not-for-profit commissioning organisation funded by the Commonwealth Department of Health and Aged Care to improve the health outcomes of the region. The organisation works closely with GPs, allied health care providers, hospitals, and the community to help patients receive the right care in the right place at the right time.



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**Dr Mark Sinnamon**  
MBBS, FRANZCR, FAANMS

**Dr Angus Thomas**  
MBBS, FRANZCR

**Dr Anthony Chan**  
MBBS, FRANZCR

**Dr Rodney Larsen**  
MBBS (Hons), FRANZCR

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MBBS, B Med Sci, FRANZCR

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MBBS, FRANZCR

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A Healthier World



**SHANE MITCHELL**  
ACTING GENERAL MANAGER

# BUDERIM PRIVATE HOSPITAL

**AUGUST 2022**

It was with great sadness that we recently farewelled Karen Clark, our General Manager. I think we can reflect on the incredible contribution Karen made to our hospital over the past three years and her steadfast commitment to supporting our team to provide high-quality patient care.

I consider it a great privilege to step into the role of Acting General Manager and lead the Buderim team over the coming months. I have worked in healthcare for 32 years, primarily in emergency departments.

For the past 14 years I have worked in senior leadership roles in many hospitals throughout Queensland, so I feel confident that I can assist our team to improve and provide the best possible care to our patients.

I welcome any questions or feedback you may have and can be contacted on **5430 3260** or [shane.mitchell@uhealth.com.au](mailto:shane.mitchell@uhealth.com.au).

Kind regards,  
Shane Mitchell  
*Acting General Manager*



## Welcome to Dr Ritesh Dawra

Buderim Private Hospital recently welcomed Dr Ritesh Dawra to our team of Visiting Medical Specialists. Dr Dawra is an orthopaedic surgeon practicing at the Sunshine Coast Centre for Orthopaedics. He offers general orthopaedic services with special interests in Hip and Knee Arthroplasty, sports medicine, trauma surgery and fracture management.

For more information about Dr Dawra including his biography and contact details, please visit: [buderimprivatehospital.com.au/doctors/Ritesh-Dawra](http://buderimprivatehospital.com.au/doctors/Ritesh-Dawra)

## New patient information booklets

In recent months we have introduced two new patient information booklets which are designed to help patients better prepare for their admission to our hospital.

**Patient Information Booklet:** This booklet is an important resource for patients and their families. It contains key information, including how to book online, financial and privacy information, rights and responsibilities, 'Let us know' program details, how to leave feedback, and pastoral care access, among many other topics.

**Paediatric Information Booklet:** The information in the booklet is told from a child's perspective to help shed light on the hospital experience and provide valuable peace of mind. It also contains key information for parents and guardians about how they can help their child prepare emotionally and physically for their surgery and provides reassurance about how our focus is on each and every patient, at every age and every stage.



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## SPORTS & SPINAL WELCOMES PHYSIO, TRENT BRUMBY

TRENT WILL BE AVAILABLE FOR  
PHYSIOTHERAPY APPOINTMENTS AT  
OUR KAWANA & MAROOCHYDORE  
CLINICS.

REFERRALS VIA MEDICAL OBJECTS,  
FAX OR PHONE  
[WWW.SPORTSANDSPINAL.PHYSIO](http://WWW.SPORTSANDSPINAL.PHYSIO)



SCAN THE QR  
CODE FOR MORE  
INFORMATION:

## GET TO KNOW TRENT



Trent has worked on the Sunshine Coast for over 20 years and provided treatment of patients for numerous medical and orthopaedic specialists.

Trent completed a Bachelor of Physiotherapy at the University of Queensland followed by a Masters of Physiotherapy (Sports) at the University of South Australia. He developed an extensive variety of treatment skills from working in Australia and the USA.

Trent's key areas of interest include:

- Managing shoulder conditions
- Post-operative rehabilitation
- Musculoskeletal disorders
- Sports injuries



**Sunshine Coast Orthopaedic Clinic**

**The Acute Knee Clinic**

The first few days can make all the difference in recovery from a sporting injury.

Dr Steve Lawrie at the Sunshine Coast Orthopaedic Clinic provides an Acute Knee Clinic each Monday and Tuesday which is specifically designed for, but not limited to, sports injuries of the knee with a view to rapid assessment, investigation and adoption of a management plan within the first few days of the initial injury.

The Acute Knee Clinic has now been running for twelve years. We have treated many professional and semi-professional athletes as well as the "weekend warriors", including a special interest in paediatric sporting injuries. Dr Lawrie has a close association with many sporting teams on the Sunshine Coast, including the Sunshine Coast Falcons, Melbourne Storm and many other local clubs.

Specific conditions that can benefit from emergent assessment include suspected ligamentous injuries, including cruciate ligaments, medial ligaments, multiple ligament injuries, acute patellar dislocation, locked knees and especially paediatric cruciate and meniscal injuries whether that be by implementing early surgical techniques

or an appropriate non-operative treatment programme.

To access the Acute Knee Clinic, a patient needs to have a current referral to Dr Steven Lawrie and plain x-rays of the knee should also be arranged before the initial consultation.

A plain x-ray is very important in the initial assessment to exclude fractures, loose bodies, and to show the alignment of the knee joint and the patellofemoral joint, which cannot be seen on other investigations, such as an MRI scan.

Splints and orthotics can be organized directly with Leonie Walton on 5473 5858. Leonie attends our clinic on a Thursday afternoon, but she is available throughout the week as needed.

The Acute Knee Clinic is intended to complement Dr Lawrie's other interests, including hip and knee replacement, revision arthroplasty, computer assisted joint replacement, cartilage surgery, as well as hip, knee and ankle arthroscopy.

Dr Lawrie is happy to take phone calls for advice, queries etc as this often helps the referral process.

### For appointments contact

Dr Steven Lawrie  
Suite 17, Kawana Private Hospital  
5 Innovation Parkway, Birtinya QLD 4575  
p: 07 5493 3994  
f: 07 5493 3897  
e: [sunshineortho@bigpond.com.au](mailto:sunshineortho@bigpond.com.au)  
[www.sunshineortho.com.au](http://www.sunshineortho.com.au)

### Examples of these injuries include:

A medial ligament injury is usually easily treated in a range of motion brace, using an MCL protocol if applied with the 1st week or so. But it can be extremely difficult to correct if there is a delay of a number of weeks.

Paediatric meniscal tears may be repairable early after an injury, but a delay typically means meniscal resection becomes necessary.

Acute patellar dislocation may respond to surgical repair if surgery is offered in the first 2 weeks after the injury.

Traumatic meniscal tears where early repair rather than delayed resection can make a dramatic difference in outcomes

Early ACL surgery in the young active patient/sportsman.





# MONTHLY UPDATE

## By CEO Justin Greenwell and Anna Olson

SUNSHINE COAST UNIVERSITY PRIVATE HOSPITAL  
NAMBOUR SELANGOR PRIVATE HOSPITAL • NOOSA HOSPITAL  
RAMSAY CLINIC CALOUNDRA

### UPDATE Sunshine Coast Network of hospitals

We are pleased to announce that Ramsay Clinic Caloundra has joined the Ramsay Network of Hospitals - Noosa, Nambour Selangor and Sunshine Coast University Private Hospital (SCUPH) – on the Sunshine Coast.

With the recent retirement of Donna Kain, Ramsay Clinic Caloundra CEO, there was an opportunity to review the Executive structure on the Sunshine Coast to ensure the team can be available and present at each of our facilities.

Justin Greenwell will now be the CEO of the southern part of the network focused on SCUPH and Caloundra. Anna Olson has been appointed as CEO of the Northern part of the Coast focused on Noosa and Nambour hospitals.

There has been great work done across the Network over the past few years and we are keen to build on this work and continue to focus on strategies to grow our services, improve the care and experience for our patients and ensure our hospitals are great places to work.

We would like to take this opportunity to thank Donna for her years of service with Ramsay. She has been a very much loved member of the Ramsay Family and will be greatly missed.

### New Specialist updates – Sunshine Coast

We welcome Vascular Surgeon [Dr Vivienne Moul](#) to Sunshine Coast University Private Hospital. Vivienne offers general vascular services with a special interest in peripheral arterial disease, diabetic feet and complex revascularisation. Her specialist interests include abdominal aortic aneurysms, claudication, renal dialysis access, mesenteric and visceral vascular disease, venous disease and varicose veins.

[Dr Jowita Kozłowska](#) a Specialist General Physician will be joining Nambour Selangor Private Hospital and Noosa Hospital from October 2022. Jowita is experienced in managing all aspects of adult internal medicine as well as patients with complex medical issues. She has a special interest in bariatric medicine, stroke management, diabetes, and perioperative management of general medical and geriatric issues.

### New staff on the Sunshine Coast

We are excited to announce that Emma Dagan will commence as the Director of Clinical Services at Nambour Selangor Private Hospital from mid September. Emma has been a part of the SCUPH team since in 2015, holding positions including Nurse Unit Manager, Assistant Director of Clinical Services and National Lean Coordinator. The Lean project achieved some great outcomes under Emma's leadership including increased capability building and educational opportunities across the Ramsay group. As Emma takes on this senior leadership position, it is a reflection of her dedication over the years and her recent professional development as part of the Ramsay Emerging Leaders program.

We also welcome Meah Whelan, GP Liaison Officer for Noosa Hospital and Nambour Selangor Private Hospital. Meah is a strategic business development manager with a Bachelor of Health Promotion. In her career to date Meah has played a significant role in growing and developing a number of health related businesses, most recently as the Business Development Manager for Sigma Health on the Sunshine Coast. Feel free to reach out to Meah on [whelanm@ramsayhealth.com.au](mailto:whelanm@ramsayhealth.com.au) or 0427 199 202 for help with referral processes, service information, to request news and invitations to GP education, visits and specialist engagement for Noosa Hospital and Nambour Selangor Private Hospital.



## Mental Health *Day Programs*

Ramsay Clinic Caloundra's expert mental health care team offers a variety of group-based day therapy programs.

**Tuesdays**  
9am - 12:30pm

#### Cognitive Behavioural Therapy (CBT)

for people who have difficulties managing depression, anxiety, unhelpful emotions, PTSD symptoms. Anxiety – 12 weeks  
Mood disorders – 10 weeks

**Wednesdays**  
9am - 12:30pm

#### Mindfulness Masterclass

covers different aspects of mindfulness including breathwork, art, music, movement - plus practical exercises to help integrate mindfulness into everyday life. 10 weeks

**thursdays 9am - 12:30pm**

#### Alcohol & Drug Relapse Prevention

for people who have difficulties managing their substance use. Emphasis on CBT and Acceptance and Commitment Therapy (ACT). 12 weeks

**Fridays**  
9am - 12:30pm

#### CBT using art therapy

for general mental health. Art therapy facilitates processing, communication and problem solving (no art experience or flair necessary). 10 weeks

 Ramsay Mental Health

Learn more at [ramsaymentalhealth.com.au/caloundra](https://ramsaymentalhealth.com.au/caloundra) and ask your GP for a referral. Private health insurance and self funded options.

[ramsaymentalhealth.com.au](https://ramsaymentalhealth.com.au)  
P 07 5491 1522



**Ramsay**  
Health Care



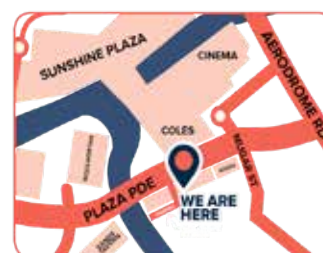
## Radio Frequency Ablation & Neurotomy Service

**RFA is a minimally invasive interventional pain management procedure for patients with chronic pain.**

- Longer lasting relief than Steroid injections
- Procedure takes less than 60 minutes
- Patients return home on the same day
- Competitive pricing
- Reduced cost for concession card holders
- Available weekdays + Saturdays

It has many applications and is particularly useful for patients suffering from facet joint arthritis.

Our doctors are always happy to discuss these procedures further, please do not hesitate to call our office with any queries.



### CONTACT US

t 07 5391 0366  
e [info@theradiologyclinic.com.au](mailto:info@theradiologyclinic.com.au)

31 Plaza Pde  
Maroochydore Q 4558  
[www.theradiologyclinic.com.au](http://www.theradiologyclinic.com.au)

## HOW MUCH SCREEN TIME?

*Dr Wayne Herdy*



My colleagues will recall that I have an addiction practice (well, maybe a third of my work is with addictions, but that's enough). Way back in the past century, I kept seeing occasional cases of kids with what is now recognized as gaming addiction (yes, it's in DSM-V). These kids would sit in front of their X-box (the fashionable driver of electronic gaming in their day), sometimes all day, not eating, not drinking, not going to the toilet. And their parents were powerless to stop their behaviour, attempts at discipline being met with tantrums and rages comparable to the antisocial violence of chemical drug addicts.

Addictions take many forms, not just chemical addictions. Shopping addiction, gambling addiction, even sex addiction. But gaming addiction has increased to a point where it rivals chemical addictions as a social evil. The version of this illness that causes me most personal distress is evident when I see Mums come into my consulting room, and hand the toddler a mobile phone to occupy the child's attention. The child manages the device extraordinarily well, for an age group that does not yet understand letters or numbers. The child also controls the mother extraordinarily well, putting on a monumental tantrum if the device is removed, and the child has clearly taught that mother that only a dose of device time will allow her to manage a few minutes of her own life.

A few years ago, the World Health Organization started publicizing recommendations about safe or desirable levels of screen time. At first, the recommended time for under-2s was NIL. I regret that I do not think that I have any under-2s in my practice who enjoy NIL screen time.

Before COVID, a survey of American teenagers recorded that the average out-of-school screen time was a whopping 7.5 hours. How on earth can a teenager cram that much time into the gaps between school, meals, bathing, and sleep? Let alone having any time for what used to be recognized as developing normal social interaction. While the surveyors expressed incredulity at their findings, when they

repeated the survey after two years of COVID, the figure had increased to an astronomical 8.9 hours per day. ***When do these kids find time to breathe?***

I attended a conference recently which included a dissertation on the sequelae of screen time and screen violence. Part of the findings included MRI evidence of the brain activity of chronic gamers.



Their frontal lobes – the chunks of the brain required to predict the outcomes of your behaviour, the source of normal social functioning – had become inactive and even physically reduced in size as well as activity. Teenagers are shrinking their frontal lobes by excess screen time. And that physical hardwiring change is presumably irreversible. When shown videos of violence, including quite horrific killings, the chronic gamers addicted to screen violence showed MRI changes equally disturbing. Their amygdala, the seat of emotions, actually shut down during the videos of extreme violence, including images of live humans being dismembered. I fear to speculate on what these gamers will end up doing in real life.

The message is clear. Parents need to become aware that mobile devices given to young children are not an innocent electronic babysitter, as we used to say in the early days of television. They inhibit the learning of the social behaviour, the concern for other fellow human beings, that are at the root of collective social functioning that has allowed homo sapiens to evolve above all the other creatures of the world. (OK, I know that not everybody agrees with Richard Dawkins in "The Selfish Gene".) And there is now MRI evidence that they irreversibly alter the hardwiring of the immature brain. There are many hypotheses about why humans came to dominate the animal kingdom.

If it is true that our sense of altruism and concern for our fellow man is the main reason for our success, then our electronic playthings are now threatening to drive us into extinction.



## Celebrating Daffodil Day

The team at Icon Cancer Centre Maroochydore got creative in August for Daffodil Day 2022.

A large wall display at reception and daffodils hanging from the roof throughout the centre were well received by local patients during August.

Daffodil Day is a key date on the Icon calendar, with centres across Australia and hundreds of team members coming together to support the work of the Cancer Council.

One in two Australians are diagnosed with cancer by the age of 85.

“As a team of nurses, radiation therapists, doctors, medical physicists and administration staff, many of us work in cancer care as a result of having personal experience with cancer in our families,” says Icon Cancer Centre Maroochydore Site Manager, Stephanie Price.

“While there are many opportunities to donate to cancer fundraising causes, Daffodil Day resonates with us as it supports cancer research. We can’t offer the best treatments for cancer unless we have research.

“Here at Icon Cancer Centre Maroochydore, we are passionate about providing exceptional care to our patients and their families.

“A key memory for me was looking after a patient from Gympie who had some cognitive impairments and did not fully understand his treatment regime.

“Our team pulled together to ensure he had transport to treatment and understood that he could trust us and we were going to look after him.

“He cried when he finished treatment because he was going to miss seeing us every day.

“Every day our team learns from and is inspired by the strength of our patients.

“Patients place a lot of trust in us and we work to make their life a little bit easier during their cancer treatment.

“We can offer state-of-the-art treatment at Icon largely due to days like Daffodil Day and investment in research,” says Stephanie.

Icon Cancer Centre Maroochydore has proudly provided the latest in radiation therapy technology and techniques since opening in 2010.

The centre offers cutting-edge radiation therapy treatment for all cancer types and offers on-site haematology consultations.

For further information, visit [iconcancercentre.com.au/centre/Maroochydore](http://iconcancercentre.com.au/centre/Maroochydore) or call (07) 5414 3700.





## Rapid access to advanced radiation therapy technology for multiple brain metastases

Icon Cancer Centre Maroochydore treats multiple intracranial and extracranial metastases using advanced, non-invasive techniques including stereotactic radiation therapy [SRT] and stereotactic radiosurgery [SRS].

### Our advanced technology:

- Improves patient outcomes by delivering treatment with greater efficiency, accuracy and comfort
- Targets up to 15 brain metastases in a single session whilst minimising exposure to surrounding healthy tissue
- Reduces treatment delivery time to a few minutes

### We proudly offer:

- Access to same radiation oncologist for entirety of patient's treatment
- Radiation oncologist specialising in neuro-oncology
- Dedicated Cancer Care Coordinator to ensure comprehensive, supportive care
- No wait list – rapid access to consultation and treatment

### HOW TO REFER

Referrals are accepted via Medical Objects or IconDoctorApp.com, or to discuss patient eligibility prior to referral, please contact our centre on the following contact details:

### ICON CANCER CENTRE MAROOCHYDORE

60 Wises Road  
Maroochydore QLD 4558  
P 07 5414 3700 | F 07 5414 3701

[iconcancercentre.com.au](http://iconcancercentre.com.au)

### RADIATION ONCOLOGISTS

Specialist and GP referrals are accepted for all cancer types. Special clinical interests are indicated below.



**Dr Joanne Castelli**  
FRANZCR, MBBS (Hons), BSc (Biomed)

Brain and spinal [CNS], breast, lung and prostate cancers and stereotactic radiation therapy



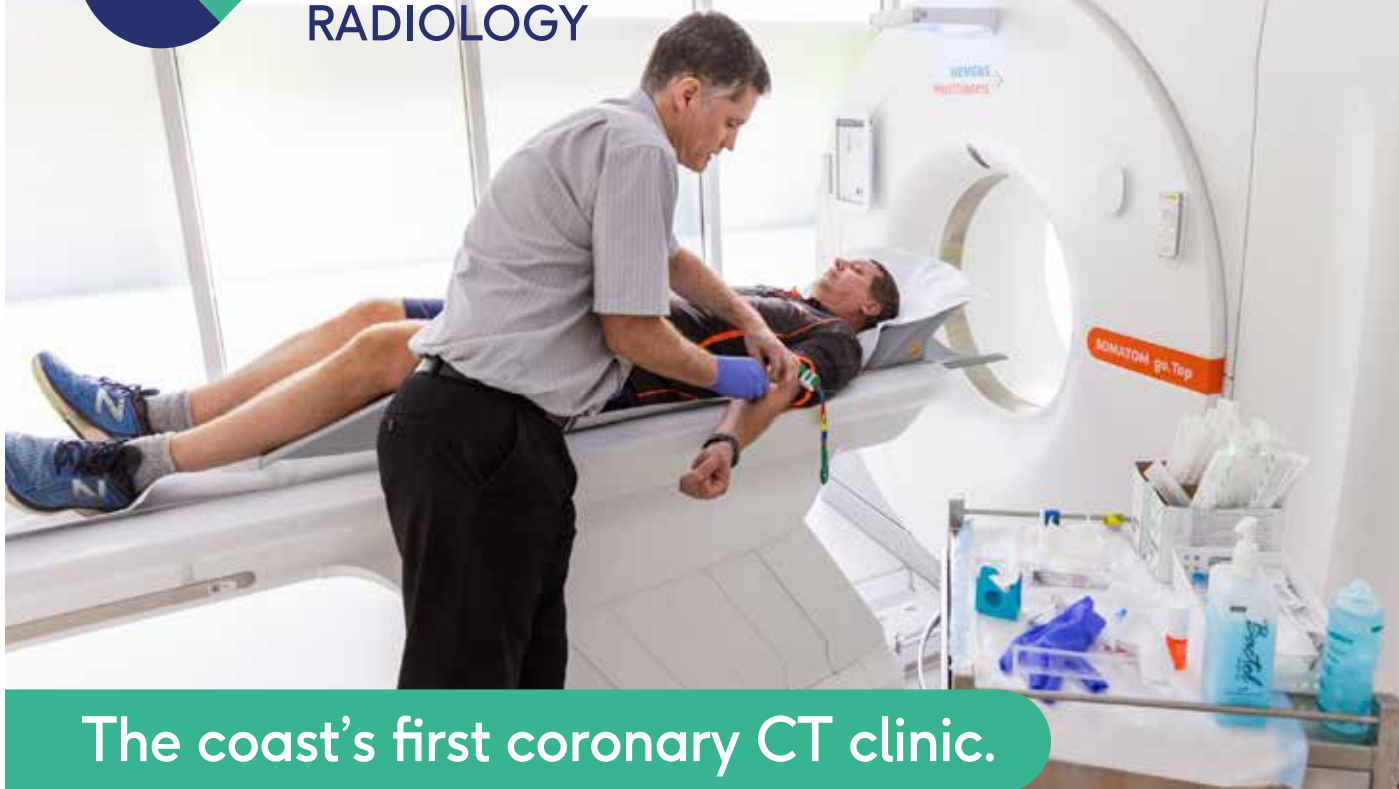
**Dr Colin Dicks**  
MBChB, MMED, FCRadOnc [SA], Dip Palliative Medicine, FRANZCR, MBA

Lung, skin, prostate and breast cancers, palliative care and psychosocial issues within oncology



**Dr Marcel Knesl**  
MBChB, FRANZCR, GAICD MD

Breast, gastrointestinal and genitourinary cancers and lymphoma



## The coast's first coronary CT clinic.

**EON Radiology provides expert cardiac imaging and risk assessment.**

The coronary artery calcium (CAC) score is just one of the tests that our experienced staff can carry out in the cardiac clinic. This quick, painless procedure is the international gold standard for predicting heart attacks in patients over the age of 40.

EON Radiology is a sister company of Heart HQ and all coronary CT scans are co-reported by a Heart HQ cardiologist and a radiographer.

The establishment of this specialised cardiac clinic recognises the incredible advancements made in CT technology, coupled with the advantages it offers in terms of non-invasive coronary testing and risk assessment.

EON Radiology is passionate about patient care and offering this testing so close to home will benefit the health of many Sunshine Coast residents.



To find out more or to refer a patient, call EON Radiology on 07 5414 1190

EON Radiology is a sister company of Heart HQ. Visit [www.hearthq.com.au](http://www.hearthq.com.au) for more details.



☎ 07 5414 1190

📞 07 5414 1101

✉ [admin@eonradiology.com.au](mailto:admin@eonradiology.com.au)



## FBT EXEMPTION FOR ELECTRIC CARS INTRODUCED TO PARLIAMENT

The Bill amends the FBTA 1986 to exempt from fringe benefits tax cars that are zero or low emissions vehicles held by the provider and used by or made available for private use of employees. Additionally, to be eligible for the exemption the value of the car at the first retail sale must be below the luxury car tax threshold for fuel efficient cars. This is to encourage a greater take up of electric cars by Australian road users to reduce Australia's carbon emissions from the transport sector, by making electric cars more affordable. The operation of the amendment will be reviewed after three years in light of electric car take up.

When the Bill becomes law, the FBT exemption will apply retrospectively from 1 July 2022 to eligible electric cars that are first held and used on or after 1 July 2022. An electric car ordered prior to 1 July 2022, but not delivered until after 1 July 2022, will still be eligible for the exemption. This will apply even if an employer acquired the legal title to the car before 1 July 2022. Second-hand electric cars may also qualify for the FBT exemption, provided the car was first purchased new on or after 1 July 2022.

### New FBT exemption for Electric Cars

The FBT exemption relates to car fringe benefits and therefore will only apply to vehicles that are 'cars' for FBT purposes; other types of electric vehicles are excluded. Additionally, to be eligible for the exemption the value of the car at the first retail sale must be below the luxury car tax threshold for fuel efficient cars.

Generally, a car fringe benefit arises where a car is applied to or made available for private use to an employee, or an associate of an employee, by their employer.

Car benefit is exempt

Under the proposed amendments, a car benefit will be exempt if all the following conditions are satisfied:

- The benefit is provided to a current employee
- The car is a 'zero or low emissions vehicle'
- The value of the car at the first retail sale (i.e. purchase price) was below \$84,916 for 2022-23, which is the luxury car tax threshold for fuel efficient cars
- The car was first held and used on or after 1 July 2022.

The benefit exempted from FBT is the private use of the vehicle, including any associated costs of running and maintaining the car for the period the car fringe benefit was provided.

### Eligible Electric Cars

This amendment will apply to cars that are:

- Battery electric vehicles
- Hydrogen fuel cell electric vehicles; and
- Plug-in hybrid electric vehicles

Collectively referred to as zero or low emission vehicles.

This will pose some tax planning opportunities for employers that make vehicles available to their employees.

*Dale Trickett*  
The Poole Group





Choosing the right surgeon for your patients on the Sunshine Coast isn't rocket science - it's brain surgery.

Sunshine Coast Neurosurgery is the specialist practice of Dr Stephen Byrne, who has worked on the Sunshine Coast since 2017.

Dr Byrne MBChB, MRCSEd, FRACS underwent his neurosurgical training in Melbourne, Adelaide & New Zealand before gaining his Fellowship of the Royal Australasian College of Surgeons.

In fact, Stephen is the only fellowship-trained spine surgeon on the coast endorsed by both the Australian Orthopaedic Association and the Neurosurgical Society of Australasia.

At Sunshine Coast Neurosurgery all patients receive one-to-one pre-operative counselling and tailored personalised care using the latest techniques to deliver world-class healthcare.

Please feel free to call Sunshine Coast Neurosurgery to discuss any neurosurgical issue and we look forward to helping your patients along the road to recovery.

#### List of Services

Sunshine Coast Neurosurgery use their extensive experience to treat many common conditions such as:

- Cervical and lumbar degenerative conditions
- Brain tumours
- Spine tumours
- Pituitary tumours
- Chiari malformations.

Plus they have a specialist interest in minimally invasive brain and spine surgery.

Sunshine Coast University Private Hospital  
Suite 17, 3 Doherty Street, Birtinya QLD 4575

T 07 5437 7256  
E [info@scneuro.com.au](mailto:info@scneuro.com.au)



**SUNSHINE COAST  
NEUROSURGERY**

[www.scneurosurgery.com.au](http://www.scneurosurgery.com.au)

## An innovative approach to hip and knee replacement

Dr. Daevyd Rodda is a highly experienced and innovative hip and knee replacement surgeon based on the Sunshine Coast. He leads a specialised, multi-disciplinary team and regularly trains Australian and International surgeons in advanced techniques including:

- Anterior, minimally invasive total hip replacement
- Patient specific and Robotic knee replacement
- Complex revision hip and knee replacement

Telehealth appointments available for regional patients.



Dr Daevyd Rodda  
Orthopaedic Surgeon

Contact us today for patient referrals.  
Phone: 07 5493 8038 | [www.scorthogroup.com.au](http://www.scorthogroup.com.au)



## Excellence in Prostate Cancer Diagnosis & Managment

Tim graduated from the University of Edinburgh and completed advanced training in urology at teaching hospitals in London and Queensland. He has trained extensively in da Vinci Robotic Surgery at the University Hospital, Leipzig, and the Wesley Hospital.

Tim successfully introduced Robotic Prostate and Kidney Surgery to Buderim Private Hospital. He has pioneered MRI guided robotic transperineal prostate biopsy for safe and accurate diagnosis.

### DR TIM NATHAN

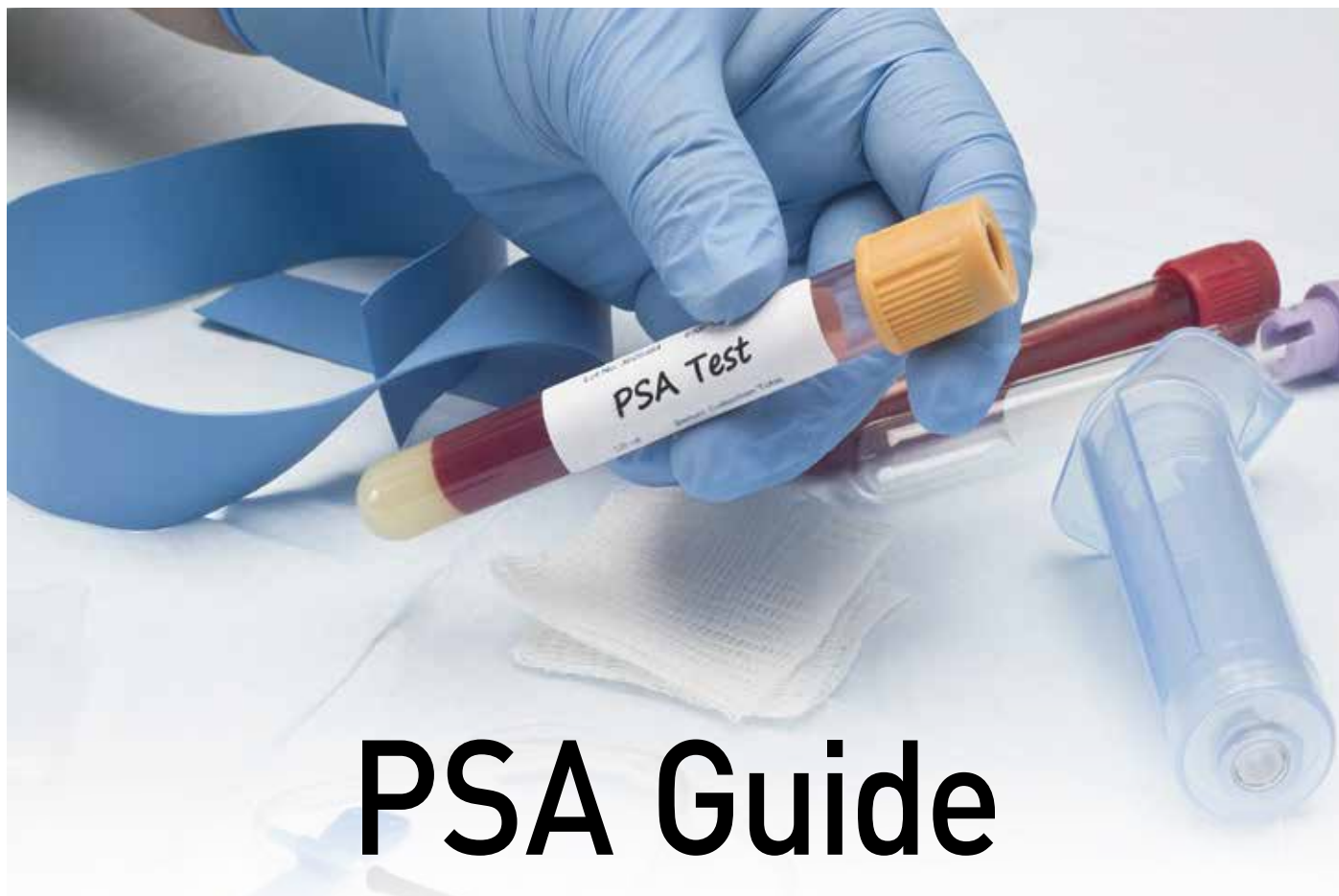
MB ChB (Edin), FRCS (Eng), FRCS (Urol), FRACS (Urol)

Suite 6  
Buderim Private Hospital  
12 Elsa Wilson Drive  
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Fx: 07 5301 8120  
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Specialising in:

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- BPH - Laser Prostatectomy & Urolift
- Stone Disease
- Penile Prosthesis Surgery
- Vasectomy Reversal
- Urodynamic Studies





# PSA Guide

Early detection saves lives

**PSA >3 is a red flag**

(>2 if positive Family Hx, BRCA)

Repeat PSA in 1-3 months with free/ total ratio

**Refer if:**

Second PSA is still >3 (2)

Or anytime if there is a hard prostatic nodule  
or PSA increases while on Duodart

**Refer to:**

**Dr. Tony Gianduzzo or A/Prof. Troy Gianduzzo**



Sunshine Coast Urology Clinic

**Buderim Prostate Clinic**

A. Suite 2/5 Lyrebird St, Buderim QLD 4556

P. +61 7 5444 0672 F. +61 7 5444 0997

E. [info@buderimprostateclinic.com.au](mailto:info@buderimprostateclinic.com.au)

W. [buderimprostateclinic.com.au](http://buderimprostateclinic.com.au)

# NUCLEAR MEDICINE BONE SCANS

## When are they most useful?

Dr Andrew Paszkowski, MBBS, FRACP, AANZSNM  
Clinical Director of Nuclear Medicine  
X-Ray & Imaging



### STAGING OF CANCER

Bone scanning, combined with SPECT CT is very sensitive for detection of osseous metastases from most cancers, in particular breast, prostate and lung. This modality is sensitive, as it detects osteoblastic activity, and can show lesions prior to radiological change.

### ASSESSING ACTIVITY OF PAGET'S DISEASE AND TREATMENT RESPONSE

The degree of uptake on bone scintigraphy can help determine activity and extent of conditions such as Paget's disease. Serial imaging following therapy for Paget's or cancer is very helpful to assess treatment response.

### EVALUATING ABNORMAL BONE LESIONS

Incidental sclerotic and lucent lesions are commonly reported on other modalities. A bone scan is very helpful to assess metabolic activity of lesions and determine their significance.

### LOCALISING SITES OF BONE PAIN

Imaging with X-rays, CT or MRI will often identify multiple sites of degeneration or other pathology that may be causing pain such as facet joint arthritis, discovertebral disease or sacroiliitis. Studies have shown a higher success in pain relief when the sites showing the most marked activity are injected with cortisone and local anaesthetic. Bone scintigraphy with SPECT CT may also show other possible osseous causes of pain.

### EVALUATING PAINFUL JOINT PROSTHESES

Joint prostheses cause a range of technical problems which make interpretation of radiographs, CT and MRI difficult. Bone scans are not affected by these technical factors, and are very useful for evaluation of loosening, periprosthetic fracture, particle disease and infection. A normal scan carries a high negative predictive value for exclusion of these conditions

Dr Paszkowski welcomes calls from referring health professionals. Please do not share the direct referrers line listed below with patients.

**Nuclear Medicine Direct Referrers Line**



07 5458 4400



nucmed@xrayimaging.com.au

# Designing better care

## GenesisCare radiation oncology

We provide advanced radiation therapy techniques and continuously invest in cancer treatments and technology that has less side effects, and improves quality-of-life.<sup>1</sup>

Our experienced team of radiation oncologists on the Sunshine Coast:



**Dr Debra Furniss**

GI, Breast, lung, SABR, SRS, benign diseases, skin and palliative



**Dr James MacKean**

Prostate brachytherapy, urological, GI, SRS, haematology and palliative



**A/Prof Alex Tan**

Prostate brachytherapy, urological, lung, GI, palliative and stereotactic radiotherapy



**Dr Bradley Wong**

Wide-field skin, prostate, urological, benign conditions, breast and palliative

### GenesisCare provides:

- Radiation therapy for most cancer types
- Treatment for non melanoma skin cancer
- Rapid access palliative radiation therapy
- Treatment for benign conditions e.g Dupuytren's disease and keloid scars
- Stereotactic radiation therapy for cranial, lung, spine, bone and liver lesions
- Personalised care without a waitlist
- Patient transport service

### Treatment centres:

Buderim                      Nambour  
10 King Street              10 Mapleton Road

### Get in touch:

**Tel: 5374 8100**

receptiononcologybuderim@genesiscare.com

### Consulting clinics:

Caboolture - Dr Debra Furniss  
Noosa - Dr Debra Furniss,  
Dr Bradley Wong  
Cooroy - Dr Alex Tan  
Gympie - Dr Bradley Wong

Reference: 1. Brown PD, et al. JAMA 2016; 316(4):401-409.

Disclaimer: Any procedure including treatments involving radiation carry risks, including skin irritation and associated pain. Before proceeding with a referral for treatment, patients should be advised to seek a second opinion from an appropriately qualified health practitioner. As in any medical procedure, patient experiences and outcomes will vary.

[genesiscare.com](http://genesiscare.com)





## THE GHAN RAIL EXPERIENCE FROM DARWIN TO ADELAIDE

---

Someone had wisely said that it is the journey that matters, not the destination. And to make the experience even better, what if the journey continues as destinations come and go! The Ghan Rail experience is one such journey that leaves every passenger in awe. The Ghan is said to be the greatest train journey as it makes its way through the distinguished open lands of Australia.

The two-way train travels between Darwin and Adelaide in a 4 day-3-night trip, giving passengers a taste of luxury. The 2979km long journey takes you to the outback of the vast landscape of Australia making stops along the way. Experience the hotel on wheels, captivating you every second of the journey!

### **Fill those eyes with wonder**

It is no question that the Australian Landscape is not short of what it promises! The 72-hour journey begins from Darwin in the morning, arriving at Katherine by afternoon. Enjoy the early morning view of Alice Springs the next day. The 3rd day brings on mystery and thrill as you explore the underground town of Coober Pedy. The final day marks your arrival to the destination, Adelaide, a drastic change to green lands from the red earth!

### **Enjoy the journey of grandeur**

Every minute spent in the Ghan is a minute in affluence. The train achieves its goal of giving you a memorable trip complimented by systemized service. The journey begins with a welcoming five-star lunch. The amalgamating meals remain the highlight of the journey where you get to choose from the varied collection of wine! The lounges remain open till late hours, giving you a chance of swapping stories with your fellow traveler. The accommodation lets you choose between a Platinum or Gold service. Trim the trip anyway you like!

### **Relish the off-train experiences**

As you reach Katherine, choose to take a cruise of the Nitmiluk Gorge or visit the town's houses, understanding the way of living in the red lands. Alice Springs brings the welcoming chance of getting down from the train and spending an exciting day of excursions that bring you closer to the lands! Explore the town of Coober Pedy and its underground houses where people escape the scorching temperatures with dugout homes. You can even be lucky to find opal and turn it into a fortune!

### **What we have planned for you**

- on departure, find your booked accommodation and gather in the restaurant for welcome drinks and lunch.
- Sit in the chair cars, enjoying the views of Darwin as you leave it.
- Arrive at Katherine and get an off-train experience cruising and visiting the common man's home.
- on all midway destinations, enjoy excursions and activities roaming around the area and enjoying activities of your choice.
- Enjoy the hearty five-star meals presented to you by the chef who also serves a collection of wine and brewed beer.
- Spend time socializing on the train in the lounges mingling with fellow passengers.
- Arrive at the destination, Adelaide, with a bag full of memories.

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Sunshine Coast Orthopaedic Clinic

Knee OA  
Management

## NEW GUIDELINES FOR MANAGEMENT OF KNEE OSTEOARTHRITIS



The AAOS ( American Academy of Orthopaedic Surgeons) have recently released new guidelines for management of knee osteoarthritis. This is now the third iteration of these evidence based guidelines. This year there is a complete re-write with recommendations being stratified according to the strength of evidence to support or not support the modality into strong, moderate or limited evidence. The following is a summary of these recommendations.

### Strong Recommendations in favour of:

- ★★★★ Supervised exercise, unsupervised exercise &/or aquatic exercise
- ★★★★ Self-managed programmes
- ★★★★ Patient education
- ★★★★ Oral NSAIDs
- ★★★★ Oral paracetamol
- ★★★★ Topical NSAIDs

### Moderate Recommendations in favour of:

- ★★★★☆ Canes/Walking stick
- ★★★★☆ Unloader braces
- ★★★★☆ Neuromuscular training
- ★★★★☆ Weight loss (evidence downgraded)
- ★★★★☆ Intra-articular steroids
- ★★★★☆ Arthroscopic partial meniscectomy can be used for meniscal tears in patients with mild to moderate osteoarthritis who have failed physical therapy and other nonsurgical treatments

### Limited Recommendations in favour of:

- ★★★☆☆ Oral/dietary supplements may be helpful but evidence is inconsistent/limited and additional research is needed to clarify the efficacy of;
  - Tumeric
  - Ginger extract
  - Glucosamine
  - Chondroitin
  - Vitamin D
 (evidence downgraded)
- ★★★☆☆ Manual therapy in addition to an exercise programme (evidence downgraded)
- ★★★☆☆ Massage may be used in addition to usual care (evidence downgraded)
- ★★★☆☆ FDA-approved laser treatment may be useful (evidence downgraded)

- ★★★☆☆ Acupuncture may improve pain and function (evidence downgraded)
- ★★★☆☆ TENS may be used to improve pain and or function (evidence downgraded)
  - a. Percutaneous Electrical Nerve Stimulation for pain and function
  - b. pulsed electromagnetic field therapy may improve pain (evidence downgraded)
- ★★★☆☆ Extracorporeal Shockwave therapy
- ★★★☆☆ PRP
- ★★★☆☆ Denervation therapy
- ★★★☆☆ High Tibial Osteotomy

### Strong recommendations against use of:

- ★★★★★ Lateral wedge insoles
- ★★★★★ Oral narcotics including Tramadol

### Moderate recommendations against use of:

- ★★★★☆ Hyaluronic acid intra-articular injections
- ★★★★☆ Arthroscopic lavage and or debridement

### Consensus Statements; ★★★★★

Dry needling and free-floating interpositional devices should not be used

These recommendations can be used in determining management strategies in primary care management of knee osteoarthritis prior to considering knee replacement surgery.

Of particular interest is the new recommendation against any narcotic use, recommendations against hyaluronic injections, and recommends for arthroscopic partial meniscectomy if not responding to non-operative treatment in mild to moderate disease.

Further information can be found on our website at [www.sunshineortho.com.au](http://www.sunshineortho.com.au)

The original document can be downloaded at <https://www.aaos.org/globalassets/quality-and-practice-resources/osteoarthritis-of-the-knee/oak3cpg.pdf>

### For appointments contact

Dr Steven Lawrie  
Suite 17, Kawana Private Hospital  
5 Innovation Parkway, Birtinya QLD 4575

p: 07 5493 3994 | f: 07 5493 3897  
e: [sunshineortho@bigpond.com.au](mailto:sunshineortho@bigpond.com.au) | [sunshineortho.com.au](http://www.sunshineortho.com.au)



## X-Ray & Imaging Caloundra welcomes new state-of-the art 3T MRI

If you've visited us at Caloundra recently, you may have noticed some construction taking place as our MRI department underwent significant upgrades.

X-Ray & Imaging's newest piece of imaging equipment, which is used to diagnose a range of conditions including brain tumours, soft tissue injuries, multiple sclerosis and infections, was part of a \$2 million upgrade plan to our MRI department and provide the Caloundra, and the wider Sunshine Coast community, access to the latest in imaging technology.

The recently installed Siemens MAGNETOM Lumina 3T MRI provides exceptional image quality and an improved patient-friendly experience.

Operational Manager, Shaun O'Rourke, said the X-Ray & Imaging team are delighted to have access to the latest and greatest in MRI technology, and look forward to continuing to provide exceptional care to our patients, and enhanced image quality to our referrers.'



*Operations Manager, Shaun O'Rourke, with the recently installed Siemens MAGNETOM Lumina 3T MRI at Caloundra.*

"The new MRI technology has a number of benefits to our patients, including higher resolution images and faster scanning time," Shaun said. This scanner also has a wider opening accommodating people of all sizes and allowing for a more comfortable and less stressful experience for any patients who suffer from claustrophobia.'

The latest in innovations and technologies allows patients to be in and out of the exam faster, and the precise quality of imaging produced provides referring doctors and allied health professionals with the confidence to make a clear diagnosis.

This machine has been granted a GP Medicare licence, meaning certain MRI examinations referred by a GP are eligible

to be bulk billed. For more information on Medicare eligible GP referred MRI criteria, visit [www.xrayimaging.com.au/mbs-information/](http://www.xrayimaging.com.au/mbs-information/) or refer to the X-Ray & Imaging request forms.

As we honour our commitment to offer accessible imaging services to the Sunshine Coast community, we will continue to strive to keep waiting times to a minimum by extending our opening hours as required. Late night appointments will also be available once a week to those patients who are unable to attend during normal opening hours.





Leading Queensland Doctors  
Creating Better Health

## PRESIDENT AND CEO REPORT



*Dr Maria Boulton and Dr Brett Dale*

The third Omicron wave has peaked but our health system is still recovering from months of unprecedented ambulance ramping, COVID hospitalisations and healthcare workers furloughed due to infection or as close contacts. Our GPs were also flat out, managing COVID cases in the community, delivering millions of COVID boosters and free flu vaccinations, while also dealing with non-COVID patients and other conditions, including patients suffering due to suspended or cancelled elective surgeries.

We are seeing increased strain in regional and rural areas, such as the closure of the Gladstone maternity unit forcing women to travel to Rockhampton to give birth. We are seeing more and more GPs unable to afford to continue to bulk bill. We have been very active in the media and behind the scenes on all these fronts.

The pressures may have been unprecedented, but they were by no means unpredictable. COVID simply highlighted what we have been warning about for years. We are continuing to advocate for solutions with governments and other stakeholders.

### COVID CRISIS CONTINUES

The COVID wave peaked slightly earlier than the late August date forecast by Commonwealth modelling, but our medical workforce is overwhelmed and fatigued.

Emergency physicians are working on their days off, GPs are doing telehealth consultations from home because they have COVID, and healthcare workers are becoming increasingly stressed and distressed by the extent of suffering by patients and their families.

AMA Queensland's Ramping Roundtable chair Dr Kim Hansen shocked many when she told *Sunrise* that doctors are suffering moral injury from the impact of COVID – "We are seeing a lot more death and dying than we're used to and that does take a toll on us," she said.

Elective surgeries are being cancelled and outpatient appointments are being delayed. We need to know what the government plans to do to support our workforce and to resource GPs to continue to support the hospital system.

We continue to urge the Queensland Government to listen to medical advice. In the absence of mask mandates, we urge everyone to be sensible, take precautions and wear masks, because the strain in the hospital system affects us all.

You can read more at [qld.ama.com.au/news/COVIDforecast](https://qld.ama.com.au/news/COVIDforecast)





*Leading Queensland Doctors  
Creating Better Health*

## NORTH QUEENSLAND PHARMACY TRIAL



*Dr Boulton speaking to ABC 7.30*

We succeeded in putting the North Queensland pharmacy prescribing experiment on the national agenda with an in-depth ABC 7.30 story in August. You can watch it on ABC iView or on the ABC's YouTube channel at

<https://www.youtube.com/watch?v=J8qh4UwutZA>

We still do not know when the pilot, which was supposed to start in June, will commence, which towns and communities are taking part, which conditions it will cover, and if any pharmacists have undertaken the 120 hours of online training.

There's plenty more here. [qld.ama.com.au/Stop-NQ-Pharmacy-Trial](http://qld.ama.com.au/Stop-NQ-Pharmacy-Trial)

## RESIDENT HOSPITAL HEALTH CHECK

The seventh annual survey of doctors in training has closed and the results are being collated to rate hospitals on how well they address issues affecting junior doctors.

It is critical to understand where hospitals are doing well and where there is room for improvement on issues including working conditions, overtime, training and culture. This survey drives our advocacy activities and ensures we support the growth of our medical workforce.

The survey is run by AMA Queensland and our Committee of Doctors in Training in collaboration with ASMOFQ the Doctors' Union. Results will be released in late September.

## DIRTY ASHTRAY

It was AMA Queensland's unfortunate duty to accept the AMA/ACOSH Dirty Ashtray Award on behalf of the state government as the jurisdiction doing the least to protect children from the dangers of smoking. Queensland and Victoria were the joint 'winners' for a lack of regulation around e-cigarettes and vaping.

This is a particularly disappointing result as Queensland previously won the coveted National Tobacco Control Scoreboard Achievement Award for leading the nation in tobacco control measures for four years in a row.

Despite laws prohibiting the sale of illegal cigarettes to children, Queensland does not enforce the existing regulations, or require tobacco product retailers to be licensed. We have written to the Minister for Health and the Attorney-General, calling them to urgently rectify these failures before Queensland children become the next generation of smokers and suffer the associated catastrophic health results.

AMA Queensland will take the Award to state parliament and display it at the Cancer Council Queensland showcase in September to draw MPs' attention to the need to take urgent action on vaping.

You can read more at [qld.ama.com.au/news/DirtyAshtray](http://qld.ama.com.au/news/DirtyAshtray) and [qld.ama.com.au/news/ABCQC](http://qld.ama.com.au/news/ABCQC) Transcript.



*Then AMA President Dr Omar Khorshid presenting Dr Boulton with the Dirty Ashtray Award at the AMA National Conference in July*

# WELCOME RACHEL



## Our expanding care services

Welcome new nurse Rachel MacFarlane to Bloomhill. An experienced nurse in hospital and community-based health settings, she brings a wealth of knowledge and understanding to the care team. Having nursed oncology clients from all walks of life and stages of cancer, she is looking forward to working in

an environment dedicating time with clients, allowing them to feel empowered and supported as they navigate their cancer journey. We provide individualised support in a non-clinical setting for those touched by cancer. For more information on referring to our services, please visit our website or speak to our team.



[bloomhill.com.au](http://bloomhill.com.au)





# Snap Print-Design-Signage

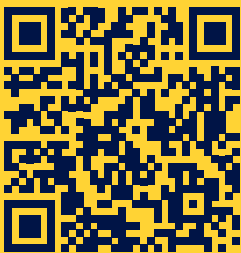
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- Tim Keeler Rotary District Governor
- Clare Stewart Noosa Mayor

**Logos:** PTSD DOGS AUSTRALIA, STAND TALL FOR PTS, USC, THOMPSON INSTITUTE, Rotary, PEACE OF MIND

## REDCLIFFE LOCAL MEDICAL ASSOCIATION NEWSLETTER

Redcliffe LMA produces a similar newsletter

For full details re advertising go to their website: [www.rdma.org.au](http://www.rdma.org.au)

Email: [RDMAnews@gmail.com](mailto:RDMAnews@gmail.com)

## SCLMA ADVERTISING GUIDELINES:

To comply with Section 133 of the National Law and guidelines, advertising of services must not:

Paragraph (a) "Create or be likely to create unwarranted and unrealistic expectations about the effectiveness of the health services advertised"

Paragraph (f) "Claim that the services provided by a particular regulated health profession are better, as safe as or safer than others"

Paragraph (o) "Contain any claim, statement or implication that a practitioner provides superior services to those provided by other registered health practitioners"

## PLEASE NOTE THE FOLLOWING:

The anti discrimination commission of Queensland has the following statement on job advertising:

*Discriminatory advertising is against the law. Job advertisements need to give the impression that all suitable applicants are welcome to apply. References to sex, relationship status, age, race, religion etc should be avoided, as should the use of words that may indicate a preference for particular groups or may discourage others from applying, eg foreman, tradesman, glamorous, well-built, mature, youthful, office girl etc. Publishers can be fined and be the subject of a complaint to the Commission for publishing discriminatory advertisements that show an intention to contravene the Anti-Discrimination Act 1991. Discriminatory advertisements will therefore often be refused or modified by publishers in order to avoid legal liability.*

# CLASSIFIEDS

## **GOLDEN BEACH MEDICAL CENTRE and PELICAN WATERS FAMILY DOCTORS are looking for GPs!**

We are a mixed billing practice, transitioning to private billing, with 15 male doctors, 5 female doctors, and an incredible nursing and reception/administration team.

Our clinics feature attractive consulting rooms, treatment rooms, skin check facilities, on-site pathology, and a range of allied health professionals.

### **What we've got to offer:**

- Inclusion of all fees generated by nurse-led item numbers in your income
- A competitive Service Fee percentage
- Greatly Reduced Service fee percentage whilst you "settle in" and build your patient base

**If you like the sound of us and believe you could bring something positive to our already awesome team, then please forward your application and resume to pm@goldenbeachmedicalcentre.com.au**

July 2022

## **GET WITH THE STRENGTH AT LAKE KAWANA GENERAL PRACTICE**

**The Practice:** Doctor owned and operated. The practice has been established for 16 years and situated on the edge of Lake Kawana: 1km from the surf beach, 60 minutes to the international airport and 20 minutes to the domestic airport. Twelve consult rooms with a five-bed treatment room in addition to a dedicated excision room and vaccination zone. 15-minute appointments. Underground secure car park for doctors.

Open Monday to Friday 8.00am to 5.00pm – no after hours. (Rotational Saturday roster of a 3 hour session, may be required)

Childcare facility located next door.

**The Building:** Situated on the ground level of the Sunshine Coast Surgical and Specialist Centre, together with Kawana Private Hospital, specialists (ortho, gynae, plastics, ophthalmology and vascular), pharmacy, physio, podiatry, dietetics and pathology.

**The Team:** Practice Manager, four nurses, including CDM, and six receptionists.

**The Situation:** 12,000 patients on the books with eight doctors to service them. The medical team has a combined 150 years of GP experience on the Sunshine Coast.

**The Solution:** Keen ambitious private billing VRGP who works 32 – 40 hours a week and gets paid \$200 per hour\*. (\*Private billing only)

So, walk into a full appointment book with optimal financial reward for effort.

**Call me – Dr Jim Williams – 0400 414 191 – for a confidential discussion.**

**See our You tube video showing our great practice facilities:** <https://www.youtube.com/watch?v=oa3T7Dk7TWw>

July 2022

**CLASSIFIEDS:** admin@sclma.com.au  
**Free to SCLMA members \$110 for non members.**  
**Queries:** Jo 0407 037 112

## **COME IN, SIT DOWN AND START WORKING!**

We offer full service specialist medical consulting rooms in the Nucleus Medical Suites on the Campus of Buderim Private Hospital.

We will look after all your accreditation requirements. We look after your business all week long. We have supported multiple doctors in developing and growing their business. We have a strong service culture towards our doctors and their patients.

- We will manage all of your appointments.
- Book all of your procedures, including securing an anaesthetist if required.
- Manage all of your billing.
- Handle all of your correspondence.
- Our staff are experienced and professional.
- Our rooms are modern with a large reception area.
- We have a dedicated procedure room.
- We have on site parking.

**For further information please contact Lindsey on 5444 6003.**

July 2022

## **ANN ST FAMILY MEDICINE – GENERAL PRACTITIONER**

- We are looking for a VR General Practitioner to join our busy team which is GP owned. Part time position offering 75% of billings.
- Full support from an experienced and professional team of nurses and support staff.

**Please email your CV to olivia@annstfamilymedicine.com.au or contact Olivia on 0412 113 846.**

February 2022

## **PROFESSIONAL MEDICAL CONSULTING SUITE AVAILABLE FOR PERMANENT LEASE ON A FRIDAY EACH WEEK FOR A MEDICAL PRACTITIONER LOCATED IN TEWANTIN.**

The Consulting suite provides:

- 1x Furnished consulting room with
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- Fully equipped staff kitchen with a fridge, kettle and microwave.
- Access to toilets for staff and patients across the corridor.
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- Parking in the front and back of building.

Consulting suite available for lease starting Friday 10/06/2022 from 8:30 am until 3:30pm. The cost will be \$330 plus GST per clinic which covers the cost of the suite rental, staff member, water, and electricity. Please email [practicemanager.scwbg@outlook.com](mailto:practicemanager.scwbg@outlook.com) or call me on 0420 297 401 to enquire or arrange a viewing.

February 2022

## **PRACTITIONER (VR) - SUNSHINE COAST QUEENSLAND**

To find out more, please email your resume to admin@nambourclinic.com.au or ring Rowena for an informal chat  
 Ph: 0412 292 666. *Continuing.*





wishlist

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