

Health in Focus

St George Private Hospital
1 South Street Kogarah, NSW 2217

02 9598 5555

Issue 1
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ST GEORGE PRIVATE
HOSPITAL

DOSA – A proven success for Doctors, patients & staff

It is a well documented fact that the more prepared a patient is for their surgery the better their recovery and the less time spent in hospital will result.

In the old and traditional admission system where patients were admitted to the ward prior to surgery, pre-operative procedures were often a rushed process due to the diverse workload of ward staff. This resulted in very little time for pre-op education, higher anxiety levels for patients and Doctors running around between cases trying to find their patients.

Since St George Private Hospital's Day of Surgery Admission Centre fondly known as "DOSA" opened its doors in May 2007 – we have seen a rapid improvement in all areas of care and management – which makes us wonder how we ever managed before we had our DOSA!

What is DOSA??

DOSA is a relatively new concept for the admission of surgical patients arriving on their day of surgery. The aim is to provide an experience that is streamlined, professional and comfortable for the patient as well as providing an easy to manage, systemised approach for staff. DOSA sees an average of 30-40 patients per day.

What Doctors like about DOSA

Doctors like the fact the DOSA is located next to Theatres and that the system works so well, gathering patients in one area, that they no longer waste time searching for patients on different wards pre-operatively.

Also the consistency of staff working in the Unit ensures that Doctor's requirements can be adhered to.

Some Doctors have stated that they like the fact that they can assess the patient in between cases, as it is so close to theatres.

Anaesthetists say they love that DOSA is so organised and that staff know exactly where the patients are and have them ready on time.

What Patients like about DOSA

Patient feedback about the quality of care at DOSA is a testament that the system is a significant improvement for both their emotional and physical wellbeing. Some comments from patients include:

- There are lots of friendly staff to keep you informed of what would be happening next and when.
- The DOSA environment and atmosphere is very relaxed and staff are friendly. You feel very well cared for pre-op and I loved the warm blanket!

We are still reviewing DOSA systems and hoping to reduce the length of wait prior to surgery. DOSA and hospital management are working with Doctors to stagger the admission times to shorten the pre-operative wait.

There is no doubt that a large part of the success of the DOSA admission system is because the staff in DOSA are focused solely on managing the needs of the pre-operative patient, with Ward staff concentrating on post operative care and getting ready for discharge.

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Welcome to Health in Focus

We are very proud to bring to you our new newsletter, Health in Focus, which aims to provide our General Practitioners and accredited Specialists with regular updates about the Hospital, the services we offer your patients and the people who contribute to the work we do.

St George Private Hospital has now been operating for over 12 years and we continue to strive and develop services that meet the real needs of the St George, Sutherland and surrounding Communities. Increasingly, we are treating patients from further a field with many patients travelling from the south west of Sydney, from interstate and in some cases, from overseas

Over the last two years we have had a number of new Specialists join us and in this edition, we feature our Orthopaedic Team and our new Orthopaedic Surgeons. You'll find our Ezy-Find directory on the back page which lists Doctors with regular theatre times or admissions at St George Private.

The Hospital's website – www.stgeorgeprivate.com.au – includes the details of our accredited Specialists and a broad range of information about the Hospital that would interest you and your patients booking into the Hospital.

Accreditation Success!

In April 2008, the Hospital underwent periodic review with the Australian Council on Health Care Standards and successfully achieved ongoing accreditation in the 4 year EQUiP program. The Hospital was recognised by the independent surveyors as achieving excellent standards in a number of key areas, particularly infection control, risk management, patient access/admissions and OH&S.

STARS at St George Private

Over the last twelve months, we have been very focused on improving our patients' experience of hospital care. In addition to our mandatory clinical and safe practice training which all staff participate in, over 500 of our staff have been trained in our patient satisfaction program known as STARS.

This program is grounded in the "science" of Press Ganey Associates and the Studor Group, focussing on what can make or break a patient's sense of care when they are in hospital.

STARS helps to make our staff aware of the importance of communication and compassion throughout a patient's stay for both the patient and their loved ones.

The STARS program and the new St George Private Model of Care have received overwhelmingly positive feedback from patients and surveyors in the Hospital's recent ACHS accreditation survey however we remain committed to continued improvement and always welcome feedback from our patients and from you, our referring doctors.

We welcome your comments and feedback about any aspect of the Hospital's services and care, about Health in Focus, our website and our specialist publications as we aim to make these tools as useful as possible for our referring GPs by either emailing burtont@ramsayhealth.com.au or phoning 9598 5421

Tracey Burton and the Executive Team St George Private Hospital



L-R: Jude Emmer, Director of Clinical Services, Tracey Burton, CEO and Susan Harrison, Director of Finance and Administration

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The DOSA SYSTEM – Step by Step

Patients who arrive on the day of surgery are booked in by clerical staff at Reception and then escorted to the DOSA Centre by clinical staff who will explain how their care will progress prior to their surgery.

1. Take a seat and relax

Patients sit in our comfortable waiting room and have options for watching TV, DVDs on personal players or reading the paper until they are assessed by specialised pre-operative nursing staff in 1 of 4 private assessment rooms.

2. Pre-op assessment

Pre-operative patient preparation begins at this stage which includes patient medical history review, taking of vital signs and pre- and post-operative education. Generally, patients also undergo an anaesthetic review. Surgeons may also visit the patient to ensure questions are answered prior to their surgery.

Patients change into hospital attire and are placed in a bed prior to transfer to the Operating Theatre Complex. Nursing staff may attend to ECG's, pathology requests and other pre-operative tests.

The DOSA system is now being replicated in select hospitals around Australia and St George Private is proud to have been the pioneer hospital in Sydney's South.



If you would like to know more about DOSA and would like a tour of our facilities – please contact Andre Peralta, Manager of DOSA 9598 5090

You can also find out more about DOSA and our Pre Admission process by visiting www.stgeorgeprivate.com.au

Surgical & Educational teams help communities in the Philippines

Operation Restore Hope trip to Philippines in April

Three of St George Private Hospital's senior and very special nurses recently spent a week in the Philippines on a charitable surgical mission providing cleft palate and lip surgery, speech language therapy, and education and training of local medical staff.

In April 2008, Andre Peralta, Ana Borbajo and Pearl Ventura joined a team of 31 international volunteer medical professionals including Surgeons, Anaesthetists, Nurses, Speech Therapists, Radiographers, Dentists, Administrators, Photographers and Film Crew.

This is the fourth year that Operation Restore Hope has worked and trained local Surgeons,

Anaesthetists and nurses at President Diosdado Macapagal Memorial Medical Centre in Caloocan in Manila, Philippines.

Andre Peralta, who is the Manager of Day Surgery and DOSA said some of the key outcomes and successes of the mission were the outstanding number of procedures patients performed in such a short space of time. During their stay the team saw a total of 103 patients and performed 114 procedures.

Improvements to medical forms, admission & screening procedures and transfer of patients from recovery to the wards were also key areas of success for the mission. Discussions and a feedback forum at the end of the mission were held with the local medical team to ensure any concerns were

resolved and avoided for future missions. Feedback from both sides was intensely interesting to all involved and revealed the extent of difference from a developing nation's hospital with limited resources and skilled staff to the exceptionally resourced and expert facilities in Australia and New Zealand such as St George Private.

The team trained two local Surgeons, two local Anaesthetists and 19 volunteer local Nurses who worked in addition to their night shifts to expand their own level of expertise with the visiting team. Training and teaching added a new dimension to the traditional roles of all involved, with clear articulation and physical demonstration necessary across all disciplines of surgery and patient care.



The mission also provided an opportunity for all international volunteers involved to expand their own personal knowledge and work outside of their normal comfort zones. Skills, attitudes and experience were challenged and developed to a high degree within the space of one week.

The next mission is planned for April 2009. For further information, please contact Andre Peralta on 02 9598 5090.

Refurbishment program makes St George Private a fresher, better hospital



When St George Private hospital turned 10 in 2005 – we realised that it was time to commence upgrading and updating our furnishings and fittings. Over the last two years we have completed some major refurbishments and expansions to our facilities and services which – when you stand back and look at it – represents some exceptional improvements to our hospital.

When we plan our major refurbishments we aim to carry out this major work over the Christmas and New Year period to cause the least amount of inconvenience to our patients and staff.

Our first major project, the expansion and upgrade of our Operating suites to 12 suites was completed in January 2006.

We had a busy 2007 construction and refurbishment program with three key areas of the hospital under way.

The Day of Surgery Admission Centre (DOSA) has proved a real success for Patients, Staff and Anaesthetists. The Anaesthetists are able to see all their patients in the one area without having to go to a number of wards. For the patients it is a comfortable and pleasant environment to wait with dedicated and caring staff.

The Maternity Unit refurbishment and Special Care Nursery expansion has been one of our most celebrated projects. The Special Care Nursery was expanded and now incorporates 7 cots and the major refurbishment of the 26 bed Maternity Unit and 25 bed General Ward has given us a fresh new look that gives our new parents a sense of calm and tranquillity.

The busy Day Oncology Unit on Level 1 now holds 11 chairs in a new spacious and calming environment that patients and staff love. Day Oncology has 2 LCD TVs for patients and visitors to enjoy which was donated by The Lugarno Lioness Committee.

Over the last Christmas period it took a little juggling to manage the refurbishment of the 72 beds located on the first floor of the hospital.

Ward 1 North cares for patients who are undergoing cancer treatment and neurosurgical procedures, so a restful place for their families and friends is greatly valued. The Rotary Club of St George Central Inc made a financial donation which allowed us to refurbish the Lounge area for 1North patients and their families.

Development Plans for Christmas

This coming Christmas and New Year period we are planning to refurbish the Intensive Care Unit and part of the Operating Theatres. We look forward to presenting these new areas early in 2009.



Mr Cliff Felton, President of St George Central Rotary experienced the comfort and peace of the new patient lounge first-hand over a cup of tea with St George Private Hospital CEO Tracey Burton at a ceremony to acknowledge and thank Rotary for their care and support.

Tracey Burton on the board of **New Medical Research Foundation**

St George Private Hospital CEO Tracey Burton has been appointed to the Board of a newly established charity, the St George Medical Research Foundation – which will raise funds to support medical research in the St George area. Tracey joins other local business leaders on the Board including Danny Robinson from St George Leagues Club, Local Member Cherie Burton and local clinical leaders including Professors Ian Cook and Beng Chong.

Tracey Burton said " It's a privilege to be involved with the Foundation at this important and exciting beginning of organisation. The St George Medical Research Foundation has enormous potential for success for supporting the medical and research community in this area. The benefits for the wider community are incalculable."

The Foundation was launched aptly on St Georges Day, 23 April 2008 at St George Leagues Club. For further information about the Foundation visit www.stgeorgemrf.com.au



Professor John Edmonds, Chair of the St George Medical Research Foundation with Tracey Burton and Foundation CEO David Tipler

Meet our Orthopaedic Team

The Orthopaedic Department at St George Private offers a wide range of procedures with more than 900 joint replacements occurring in the last twelve months.

The Department includes the following leading Specialities who have been based at St George Private for many years. We are also proud to introduce you to some of the surgeons who have joined us recently.

Leading St George Private Orthopaedic Specialists

Dr Daniel Biggs

55 Montgomery Street
KOGARAH 2217
Ph: 9553 9655 Fax: 9587 7214

Dr Ashish Diwan

53 Montgomery Street
KOGARAH 2217
Ph: 9588 9622 Fax: 9588 9722

Dr Michael Dixon

Suite 11 468 The Kingsway
MIRANDA 2228
Ph: 9525 2055 Fax: 9525 6302

Dr Robert Drummond

2/44 Montgomery Street
KOGARAH 2217
Ph: 9587 2860 Fax: 9587 7574

Dr Greg Etherington

Spine Service
53 Montgomery Street
KOGARAH 2217
Ph: 9588 9622 Fax: 9588 9722

Dr Ian Harris

Orthopaedic Dept Level 1 Clinical
Services Building
Liverpool Hospital
LIVERPOOL 2170
Ph: 9828 3898 Fax: 9828 3884

Dr Hugh Jones

Specialist Consulting Suite
86 Kareena Road
CARINGBAH 2229
Ph: 9717 0166 Fax: 9404 0209

Dr George Kalnins

74 Kitchener Parade
BANKSTOWN 2200
Ph: 9790 5860 Fax: 9796 3039

Dr George Kirsh

Suite 2 Level 5 1 South Street
KOGARAH 2217
Ph: 9588 6399 Fax: 9587 1014

Dr Peter Lam

55 Montgomery Street
CHATSWOOD 2067
Ph: 9553 9655 Fax: 9587 7214

Dr David Lunz

Suite 14, 42-44 Urunga Pde
MIRANDA 2228
Ph: 9650 4835 Fax: 9650 4905

Dr Mark Nabarro

Suite 7J&7K 1 South Street
KOGARAH 2217
Ph: 9587 1116 Fax: 9587 1071

Dr Stephen Rimmer

Suite 5 Level 5 1 South Street
KOGARAH 2217
Ph: 9524 3000 Fax: 9524 5477

Dr Geoffrey Rosenberg

Suites 2 & 3 level 5 1 South Street
KOGARAH 2217
Ph: 9588 6399 Fax: 9587 1014

Professor Ron Sekel

Suite 3 Level 5 1 South Street
KOGARAH 2217
Ph: 9588 6399 Fax: 9587 1014

Dr Anthony Smith

5th Floor 12-14 Ormonde Parade
HURSTVILLE 2221
Ph: 9570 2299 Fax: 9570 2026

Dr Allen Turnbull

11/468 The Kingsway
MIRANDA 2228
Ph: 9525 2055 Fax: 9525 6302

Dr Wayne Viglione

4 Short Street
KOGARAH 2217
Ph: 9588 2353 Fax: 9588 2830

Introducing our New Orthopaedic Specialists

Dr Darren Chen

MBBS (Hons) FRACS (Ortho) CONSULTANT ORTHOPAEDIC SURGEON



Dr Chen is an Honours graduate from the University of Sydney.

Dr Chen undertook 12 months of subspecialist surgical training in knee and hip arthroplasty, and knee ligament reconstruction prior to commencing private practice at Sydney Knee Specialists. He was

chosen as Clinical Fellow in Lower Limb Adult Reconstructive Surgery at the Mount Sinai Hospital, Toronto Canada. This followed with the appointment as the International Arthroplasty Fellow at the prestigious Harvard Medical School, Boston USA. Whilst abroad, Dr Chen also spent time in the Arthroplasty Unit at Mayo Clinic, Rochester USA. During this period

he worked with leading authorities in the field of knee surgery and contributed to clinical research.

Dr Chen's areas of interests include unicompartmental and total knee replacement, (minimally invasive and computer-assisted), revision knee replacement, arthroscopic knee surgery (ACL reconstruction and meniscal surgery) and cartilage transplantation procedures.

Practice Locations

Suite 8, 19 Kensington Street
Kogarah NSW 2217

Level 2, Suite 17
42-44 Urunga Parade
Miranda NSW 2228

CentaHealth Specialist Centre

Level 1, Menai Marketplace
Allison Crescent
Menai NSW 2234

Contact Details

Phone : 8307 0333
Fax : 8307 0334
www.sydneyknee.com.au

Dr Peter Papantoniou

MB BS (NSW), FRACS (Orth) CONSULTANT ORTHOPAEDIC AND SPINE SURGEON



Dr Peter J. Papantoniou is an Orthopaedic and Spine Surgeon. His Sub-Specialities are Lumbar Spine, Hip and Knee. Having graduated from the University of New South Wales, he has extensive sub-specialty training in Hip, Knee and Lumbar

Spine degenerative conditions and their surgical treatments. His special interest is in Minimal Pain Surgery with the use of Local infiltration Analgesia (LIA) and Very Early Rehabilitation System (VERS) it is routine to have Total Hip or Knee Replacement patients up and walking independently at 4 hours post-operative.

Special Interests: Arthritis of the Hip and Knee - Total Hip Replacement, Total Knee Replacement. Lumbar Spine Surgery - Laminectomy, Discectomy, Lumbar Fusion. Minimal Pain Surgery - Minimal Pain, Early Mobilisation, LIA, VERS

Practice Locations

St George Private Hospital
Suite 2 Level 5
1 South Street
Kogarah NSW 2217

Bankstown Hospital

Medical Centre
Suite G03, Ground Floor
68 Eldridge Rd Bankstown 2200

Contact Details

Phone : 9588 3555 - central booking number
Fax : 9587 1014
Email : peter@drpap.com.au
www.drpap.com.au

Dr Robert Molnar

MBBS BSc (Med) FRACS (Ortho) CONSULTANT ORTHOPAEDIC SURGEON



Dr Molnar studied medicine at the University of New South Wales, and completed his orthopaedic training in Orthopaedic Trauma at Harborview Medical Centre in Seattle, USA. Dr Molnar went on to complete fellowship training in lower extremity reconstructive surgery in hip and knee arthroplasty and arthroscopy. He specialises in

pelvic and lower extremity trauma and his special interests are hip and knee reconstructive procedures and replacements using minimally invasive techniques combined with computer navigation.

Practice Locations

4 Short Street
Kogarah NSW 2217

Contact Details

Phone : 9587 4720
Fax : 9588 2830
www.orthotrauma.com.au

Dr Zoltan Szomor

MD, PhD, FRACS CONSULTANT ORTHOPAEDIC SURGEON



Dr Zoltan Szomor specialises in general Orthopaedic surgery. He has special interests in the areas of trauma, sports, shoulder, hip and knee procedures. He holds appointments at St George and Sutherland Public Hospitals, as well as St George Private

Hospital, is the Medical Director of NSW Bone Bank and a Conjoint Senior Lecturer at the University of New South Wales.

Practice Locations

2/44 Montgomery Street
Kogarah NSW 2217

Contact Details

Phone : 9587 2860
Fax : 9587 7574

Dr Neville Rowden

MBBS (Hons) FRCS (Eng) FRACS (Ortho) FA Orth. CONSULTANT ORTHOPAEDIC SURGEON



Dr Rowden is a senior orthopaedic specialist and the founder of the Hurstville Knee Clinic. His areas of interest include knee surgery, unicompartamental Arthroplasty surgery and epidemiology of knee osteoarthritis.

Practice Locations

4th Floor
12 Ormonde Parade
Hurstville NSW 2220

Contact Details

Phone : 8568 6700
Fax : 9580 8655
www.hurstvillekneeclinic.com.au

Dr Anthony Leong

MBBS FRACS (Ortho) CONSULTANT ORTHOPAEDIC SURGEON

Dr Leong is an Orthopaedic Surgeon, specialising in surgery of the knee and hip, sports injuries and arthritis.

His Orthopaedic service provision includes:

- Arthroscopic knee surgery
- Arthroscopic reconstruction of the anterior cruciate ligament
- Posterior cruciate ligament reconstruction
- Complex knee ligament reconstructions
- Partial knee replacement

- Computer assisted knee replacement
- Hip replacement
- Hip resurfacing (Birmingham technique)
- Minimally invasive hip and knee replacement
- Autologous chondrocyte grafting

Practice Locations

The Orthopaedic & Joint Replacement Centre
11/468 The Kingsway
Miranda NSW 2229

Contact Details

Miranda
Phone : 9525 2055
Fax : 9525 6302

Dr Samuel MacDessi

MBBS (Hons) FRACS (Ortho) CONSULTANT ORTHOPAEDIC SURGEON



Dr MacDessi graduated from the University of Sydney with Honours in 1996. Following his orthopaedic training, Dr MacDessi was selected as the Knee and Hip Reconstructive Fellow at the Hospital for Special Surgery, New York USA, where he spent 12 months specialising in the field of knee and hip reconstructive surgery. During this time Dr MacDessi worked with leading authorities in the field of knee surgery and co-authored a text on minimally invasive knee surgery.

Dr MacDessi's areas of interests include unicompartamental and total knee replacement, (minimally invasive and

computer-assisted), revision knee replacement, arthroscopic knee surgery (ACL reconstruction and meniscal surgery) and cartilage transplantation (biological arthroplasty).

Practice Locations

Suite 8, 19 Kensington Street
Kogarah NSW 2217

Level 2, Suite 17
42-44 Urunga Parade
Miranda NSW 2228

CentaHealth Specialist Centre

Level 1, Menai Marketplace
Allison Crescent
Menai NSW 2234

Contact Details

Phone : 8307 0333
Fax : 8307 0334
www.sydneyknee.com.au

Focussing on GP Education

With the commencement of the new education Triennium for the College of GP's, St George Private Hospital has commenced its 2008 program of Active Learning Modules (Category 1, 40 points).

Neck2Knee was held in June with 30 attendees over two nights. Our Orthopaedic speakers including Dr George Kirsh, Professor Ron Sekel, Dr Ashish Diwan, Dr Geoff Rosenberg, Dr Wayne Viglione, Dr Rob Molnar and Dr Peter Papantoniou covered a range of topics:

- Knee and hip replacements from patient and prosthesis selection to techniques to avoid revision
- Osteoarthritis and treatment options
- Neck pain
- Knee surgery options
- Surgical options for back pain
- Fractures for GP Management

Plus practical post-operative physiotherapy was discussed by Chalmers O'Sullivan to aid the

speedy recovery and mobility of patients.

The evenings were most successful with great feedback from the attendees who found the sessions informative and interesting with great presentations, x-ray reviews and a demonstration of the Stryker Navigator system used in orthopaedic surgery. The GP's felt the program certainly gave them a systems approach and better understanding of all things orthopaedic to assist with their patient management and post-operative follow up.

GP EDUCATION CALENDAR

July – December 2008

- August - Urology Education session
- November - Bariatric Education session

For further information please contact Suzanne Revie on Ph: 9598 5421

Pre-Pregnancy Seminars a great success

The Planning for Pregnancy Seminar series introduced by St George Private Hospital Maternity has been a hit with couples considering starting a family.

Over 70 couples who are considering or trying to start a family have attended the free seminar and tour of the Maternity Unit.

The seminar is presented by our experienced Midwives and is a forum for introducing couples to what can be quite a daunting experience – especially for first time parents-to-be.

Parent Education Co-ordinator Karen Cole said "The seminar is very popular and a great opportunity to educate the public about issues such as diet, smoking and alcohol use prior to becoming pregnant, as well as things to avoid when pregnant. The seminar also

highlights the services St George Private Hospital can provide to expectant couples".

Couples attending the seminar receive St George Private Maternity's exclusive Pre-pregnancy & Early Pregnancy Information booklet which is a very comprehensive and useful resource, as well as the opportunity to have their questions answered by experienced and helpful midwives.

"Our seminar provides information which makes it a lot less daunting, knowing about processes such as when to book in to see an Obstetrician and the best time to make your booking at the hospital, how to sign up for Birth & Parenting sessions and what kinds of costs are involved with a Private Hospital birth."

Getting a feel for the hospital atmosphere and facilities on the tour



has also given couples confidence and expectations about the standard of professionalism and care they will receive.

The next Planning for Pregnancy Seminar is on Saturday 13 September at 1pm. Bookings are essential so your patients should contact Karen Cole on 9598 5428 or email colek@ramsayhealth.com.au

You can do a **VIRTUAL TOUR** of St George Private Maternity and find out more information about our Planning for Pregnancy seminars and our Maternity services and Obstetricians at www.stgeorgeprivate.com.au

Midwifery Support Service Supporting new mums at home

The Midwifery Support Service at St George Private Hospital is proving to be very popular, with monthly statistics showing that around 25% of families choose to use this service.

The Midwifery Support Service offers women and their family the choice to recover from the birth of their baby and receive postnatal care in the comfort and privacy of their own home with the support of our Midwives.

During a home visit, the Midwife is able to attend all the regular postnatal and baby checks that would normally occur in hospital, complete any necessary tests and provide assistance with feeding, settling, parenting issues and information on community support

To be eligible for this service the women must:

- have had an uncomplicated birth,
- have the consent of her Obstetrician and Paediatrician
- live within the geographical area of the service
- have support at home and
- be discharged by Day 4 following a normal birth or Day 5 following a caesarean birth.

The benefits of care in the home are obvious, especially when couples are introducing their new arrival to other siblings.



The MSS team have been thrilled with the positive response from both new Mums and Doctors.

In a recent quality assurance survey, 100% of families who chose the Midwifery Support Service as a postnatal option were both satisfied with the care provided and would recommend the service to others.

To find out more about the Midwifery Support Service contact Jacky Bhati, Midwifery Support Service Co-ordinator on Phone: 9598 5429 or Email: mss.sgp@ramsayhealth.com.au

Orthopaedic Surgical teams visit Tonga & Bali in April

"Orthopaedic Outreach" is a not for profit organisation that provide surgical and medical assistance, education and training to our Pacific Island neighbours including Tonga, Bali, Solomon Islands and Papua New Guinea.

April was a busy month for our volunteer medical and surgical teams with two trips overseas with Orthopaedic Outreach to Tonga and Bali.

Tonga

Orthopaedic Surgeon Dr Geoffrey Rosenberg was joined by Anesthetist Dr Paul Ferris and a team of medical professionals on a week long trip to provide surgery at Vaiola Hospital, Nukulafoa in Tonga with Orthopaedic Outreach. Tonga does not have an Orthopaedic surgeon and surgeries used to be conducted by the local general surgeon who has recently left the area to take up a contract in Vanuatu.

Bali

Narelle Dean, Deidre Smith & Bronwyn May spent one week conducting 'train the trainer' sessions at Mitra Hospital, with attendees from all of our Ramsay Indonesian Hospitals. The team then moved on to their charity mission for Orthopaedic Outreach to Sanglah Public Hospital in Bali for a week to conduct training and infection control assessments and guidance.

Walking Challenge unites businesses & raises awareness of Heart Health

This year St George Private's Healthy Heart for a Healthy Life Campaign united staff from three key organisations in the St George area in the quest for the honour of winning the St George Challenge Cup.



Paul Woods, General Manger of Kogarah Council and Tracey Burton look on as Danny Robinson, accepts his trophy as Executive Challenge Champion.

Our mission for Heart Week 4-10 May was accomplished, with the theme of the week to increase awareness of physical activity as one way to improve your general health and help reduce one of the risk factors of heart disease – obesity.

The 10,000 steps walking challenge was the inaugural challenge for the new St George Challenge Cup initiative by St George Private Hospital. The St George Challenge Cup will be a perpetual competition for businesses and organisations in the St George area.

The aim is to provide opportunities for healthy and friendly competition within our community and also to promote the effects physical activity and get staff focused and participating in health related activities.

240 staff from St George Private, Kogarah Council and St George Leagues Club competed in the challenge, recording their steps for 12 days using a pedometer as part of Heart Week

- Many people indicated that they found a new interest and commitment to incorporating physical activity into their lifestyle.
- Individuals were made aware of just how many steps they take in their day to day activities at work and at play. Staff from all organisations were certainly focussed on winning the challenge for their organisation and enjoyed participating.
- A healthy and friendly spirit of competition and community between the businesses was developed and the challenge WILL go on as a result!

2008 Heart Week blood pressure testing results

The Cardiac team offered free blood pressure testing to the staff and patrons of St George Leagues Club and the Private Hospital, which yielded some very significant results. 51% of those tested had high blood pressure. Of those:

- 31 % were Females over the age of 60
- 25% were Females under the age of 60
- 22 % were Males over 60
- 22% were Males under the age of 60

This is fourth free blood pressure testing campaign that the St George Private Cardiac team have run to raise awareness of heart health for our public and business community. We know it is a much appreciated service as 45% of those who tested with a high blood pressure were unaware of a history of heart disease. 55% of those who tested with a high blood pressure had a family history or were being treated for a heart condition.

We will continue with our commitment to the community to focus on raising awareness of Heart Health issues each year during Heart Week.



Kogarah Mayor Nick Katris is joined by Hon Cherie Burton MP to award the winners in the 2008 10,000 Steps individual challenge Winners Peter Moody from St George Leagues Club, Sean McCombe from St George Private and the over all individual champion Grant Davies from Kogarah Council.

Quality after hours GP care for patients

The After Hours GP service located at St George Private Hospital has been providing quality services to people in the St George area for over 10 years.

The service has a reputation for providing quality medical care for patients who may need additional or emergency attention after clinic hours, on weekends and public holidays.

Chairperson, Dr Joy Mowbray said "We provide up-to-date records for your patient if they come to see us at the After Hours Service. We fax a report of each patient's visit and any pathology results to their local doctor the next day so that we can maintain that continuity of care."

Located inside the Private Hospital in the Day Surgery Unit, the After Hours service was created in response to the shortage of quality GP services in the area, that were able to see patients after hours and on weekends in the St George area.

There are currently 30 GPs who work at least one session a month. Dr Mowbray is always interested in talking to GPs who would like to become involved with working with the service, which operates 7 days a week including public holidays.

"The average shift is 4 hours and you may see a maximum of 20 people on that shift" Said Dr Mowbray"

"We get a very interesting mix of patients from a wide multicultural mix. We see some post-operative complications, as well as the cases that need to be referred directly through to Specialists at St George Private and can also facilitate immediate admission if required.

The service also has an excellent working relationship with Accident and Emergency Department at St George Public hospital and patients can also be directed there if required."

The service is staffed by one GP and a receptionist per shift and works closely with the Private Hospital's staff, x-ray,

pathology, acute emergency services and security team.

There are opportunities for Doctors to attend the Emergency Medical course when they join the team. For further information about joining the GP After Hours Service team at St George Private Hospital contact Dr Joy Mowbray on Ph: 9153 9363

GP After Hours Service

St George Private Hospital, in Day Surgery Area
Monday to Friday 7-10pm
Saturday and Sunday 1-9pm
1 South Street, Kogarah
Phone: 9553 0765
www.stgeorgeprivate.com.au

Medical Specialists **Easy Find List** Winter 08

Hospital/general enquiries:

02 9598 5555

Hospital facsimile: 02 9598 5000

**1 South Street
Kogarah NSW 2217**



The best place in sydney's south for new beginnings!!
Next Free pre-pregnancy seminar & tour - 13 Sept
visit www.stgeorgeprivate.com.au
for details

BARIATRIC SURGERY

John Jorgensen 9553 7288
Ken Loi 9587 8813
Michael Talbot 9113 1494

BREAST SURGERY

Stephanie Inder 9553 9051
Peter Schwartz 9553 9051

CARDIOLOGY - GENERAL

Peter Barnaby 9553 7299
Nicholas Cunio 9553 7477
John Maccauley 9553 7244
Peter Robinson 9588 6611

CARDIOLOGY - DIAGNOSTIC ANGIOGRAPHY

Raj Brahmabhatt 9586 1875
Garry Helprin 9796 2266
Ban Lau 9580 5694

CARDIOLOGY - DIAGNOSTIC & INTERVENTIONAL ANGIOGRAPHY

Maurits Binniekamp 9587 7584
Robert Lvoff 9553 7277
Ananth Prasan 9113 1111
David Ramsay 9553 7344
David Rees 9113 3162
Mark Sader 9531 2476
Suresh Singarayay (EPS) 9588 6636

CARDIOTHORACIC SURGERY

Gary Fermanis 9553 9162
Matthew Horton 9587 8229
Con Manganas 9587 4166

COLORECTAL SURGERY

Steven Gan 1300 553 347
David Lubowski 1300 553 347
Shevy Perera 1300 553 347

EAR, NOSE & THROAT

Zoran Becvarovski 9553 0066
Michael Farrell 9553 1281
Thomas Havas 9387 7360
Ken Howison 9587 8285
Greg Lvoff 9553 7433
David Pohl 9553 7773
Andrew Talbot 9793 7322

ENDOCRINE SURGERY

Bruce Ashford 4226 6111
Peter Campbell 9822 5033
Stephanie Inder 9553 9051

ENDOCRINOLOGY

Terry Diamond 9113 2772
Peter Rohl 9113 2770

FACIO MAXILLARY

Anthony Anker 9526 1133
Bruce Austin 9262 9318
Peter Hook 9906 2844
Greg Lvoff 9553 7433
Robert Mitchell 9553 7543
David Sherring 9526 1133

GASTROENTEROLOGY

Ian Cook 9113 2817
Philip Craig 9553 9353
David de Carle 8901 4035
Jeffrey Engelman 9553 0299
John Freiman 9525 4899
Peter Gottlieb 9587 4073
Michael Grimm 9113 2019
Jason Hui 9526 2248
Tasos Nicolaou 9553 7676
Nick Talley 9588 3855

GENERAL SURGERY

Peter Campbell 9822 5033
Francis Chu 9113 1918
Peter Cosman 9597 3833
Steven Gan 1300 553 347
Stephanie Inder 9553 9051
John Jorgensen 9553 7288
Prem Kumar 9587 3910
Ken Loi 9587 8813
David Lubowski 1300 553 347
Neil Merrett 9793 2170
Shevy Perera 1300 553 347
Peter Schwartz 9553 9051
Michael Talbot 9113 1494

HEAD & NECK

Peter Campbell 9822 5033
Jonathan Clark 9822 5033

LIVER SURGERY

Francis Chu 9113 1918
David Morris 9113 2590

MEDICAL ONCOLOGY

Paul de Souza 9553 9588
Winston Liauw 9553 9588
Matthew Links 9113 1935
Jodi Lynch 9587 1335
Kiran Phadke 9587 1335
David Thomas 9553 9588

NEUROLOGY

Peter Boers 9113 2491
Dennis Cordato 9553 7444
Mark Hersch 9113 2421
Donald Pryor 9553 7444
Raymond Schwartz 9553 7444

NEUROSURGERY

Mark Davies 9553 9822
Erica Jacobson 9553 7511
Bernard Kwok 9553 7511
Mark Sheridan 9601 6100
Warwick Stening 9650 4997

OBSTETRICS & GYNAECOLOGY

* denotes Gynaecology only

Greg Cario 9553 7411
Michael Chapman 9553 7555
Peter Child 9587 1075
Danny Chou * 9587 3388
Anne Clark * 9586 3311
Greg Davis 9588 5155
Rhonda Farrell * 9588 1546
Karen Harris 9553 1011
Andrew Kan * 9553 7555
Emmanuel Karantanis 9553 1412
Chandra Krishnan 9588 7788
Alan Lam 9966 9121
Phillips Lau 9580 3788
Kate Moore 9113 2054
Wagdy Nada 9789 5038

OBSTETRICS & GYNAECOLOGY (CNTD)

Michael O'Connor 9588 2466
Isidor Papapetros 9662 8624
Geoff Reid * 9233 4701
Greg Robertson * 9588 1546
Ken Roper 9524 2129
David Rosen * 9533 6500
Gavin Sacks 9231 1222
Catherine Tiernan 9588 9688
Queeny Wong 9588 4725

ORTHOPAEDICS

Daniel Biggs 9553 9655
Darren Chen 8307 0333
Ashish Diwan 9588 9622
Michael Dixon 9525 2055
Robert Drummond 9587 2860
Greg Etherington 9588 9622
Jennifer Green 9587 1116
Ian Harris 8777 5228
Hugh Jones 9717 0166
George Kalnins 9790 5860
George Kirsh 9588 6399
Peter Lam 9884 9499
Anthony Leong 9525 2055
David Lunz 9650 4835
Sam Macdessi 8307 0333
Robert Molnar 9587 4720
Mark Nabarro 9587 1116
Peter Papantoniou 9588 3555
Stephen Rimmer 9524 3000
Geoffrey Rosenberg 9588 6399
Neville Rowden 8568 6700
Ronald Sekel 9588 6399
Zoltan Szomor 9587 2860
Allen Turnbull 9525 2055
Wayne Viglione 9588 2353

PAEDIATRIC MEDICINE

Paul Chidiac 9744 1157
Eric Coudounaris 9540 5344
Ana Dosen 9579 1223
Scott Dunlop 9579 1223
Peter Eisman 9707 2097
Anthony Epstein 9540 5344
Elijah Kleiner 9525 9966
Charles Scarf 9579 1223
Glenn Stephens 9524 8128
George Williams 9543 0222

PHYSICIANS - GENERAL

Con Archis 9553 7711
Mark Brown 9113 2622
Peter Gottlieb 9587 4073
Terry Kwong 9586 0737
Rajeev Ramakrishna 9587 3910
Miriam Joseph 9113 2869

PHYSICIANS - HAEMATOLOGY

Timothy Brighton 9382 9013
Michael Harvey 9113 3891
Arumugam Manoharan 9113 2469
Rajeev Ramakrishna 9587 3910
Peter Kyle 9113 3425

PHYSICIANS - RESPIRATORY

Con Archis 9553 7711
Chris Dedousis 9113 2183
Steven Lindstrom 9531 4222
Peter Marantos 9588 9666
John Moses 9553 7633
Andrew Ng 9540 9886
Jim Papadopoulos 9553 1033
Graham Radford 9524 7155
Elizabeth Clark 9587 4349
Gregory Katsoulotos 9553 7277

PHYSICIANS - RHEUMATOLOGY

Paul Bird 9524 1076
John Edmonds 9113 2604
Terry Kwong 9586 0737
Louis McGuigan 9524 1076
Ian Portek 9745 2310
Allan Sturgess 9113 2670

PHYSICIANS - SLEEP DISORDERS

Con Archis 9553 7711
Steven Lindstrom 9531 4222
Peter Marantos 9588 9666
Jim Papadopoulos (Paed) 9553 1033
Elizabeth Clark 9587 4349

PLASTIC SURGERY

John Briedis 9588 5700
Adrian Knox 9553 9188
Damian Marucci 9553 9905
Elias Moisidis 9744 6755
Warwick Nettle 9386 9167
Darrell Perkins 9587 0871

UROLOGY

John Boulas 9744 9555
Kayvan Haghigi 4628 4719
David Jefferson 9369 2424
Edward Korbel 9525 0383
Andre Lalak 9646 3895
Nestor Lalak 4628 4719
Tru Ngo 9525 0383
Bill Papadopoulos 9588 3239
Dinesh Patel 9787 6111
Gerard Testa 9525 6455
Arthur Vasilaras 9516 5333

VASCULAR

Raymond Englund 9588 7432
Eric Farmer 9822 4288
Kevin Hanel 9588 1696
Gabrielle McMullin 9525 9255

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