

# INFOCUS

**MEDICINAL CANNABIS  
IS IT THE PANACEA?**

**INTRODUCING KNEE 360  
PATIENT PARTNER PROGRAM**

**BPH FIRST IN SOUTHERN HEMISPHERE  
FULL 4K ADVANCED IMAGING I-SUITE**

ISSUE 19



**Brisbane**  
PRIVATE HOSPITAL



# CONTENTS

GM Update.....	1
Innovative Knee360 Program-new Paradigm for Joint Replacement.....	2
BPH First in Southern Hemisphere full 4K Advanced Imaging I-Suite.....	4
Medicinal Cannabis-is it the Panacea?.....	6
Meet our New Ground Breaking Spine Surgeon.....	8
Brisbane Hand and Upper Limb Clinic Refurbishment.....	10
New BackSpace Clinic Redefines Collaborative Spinal Treatment Future.....	12
Cochlear Implants for Hearing Loss.....	14
Online GP Education Program.....	16
New Faces of Brisbane Private.....	17



# INFOCUS

ISSUE 19

## GM UPDATE

BY CLAIRE GAUCI

I would like to congratulate Arthur Yannikou who was our State Manager and is now Healthscopes' Chief Operating Officer, also David Harper, GM of Gold Coast Private Hospital is now acting State Manager.

We are looking forward to continuing to work closely with Arthur and David as they assist us in improving patient care across Healthscope hospitals.

We have lots of firsts to share with you in this issue:

- The knee360 program
- The new i-suite imaging
- Video assisted thoracic vertebrectomy
- Collaborative spinal treatment
- Online drug and alcohol GP education program
- Latest in cochlear implants for hearing loss.

We know the Christmas holiday period can be a challenging time for you to find specialists to assist you in caring for your patients, so we have included a list of BPH doctors who are available between Christmas and new year and their contact details.

I would like to take this opportunity to thank you for your support over the past 12 months and wish you a safe and happy Christmas.





## INNOVATIVE 360 PATIENT PARTNER PROGRAM

ABOVE: DR TYSON DONELEY USING THE 360 PATIENT PARTNER WITH A PATIENT

**A**n innovative patient partner program is combining seamless prehabilitation, rehabilitation and integrated physiotherapy with lifestyle analysis and advanced simulation diagnostics before and after joint replacement surgery in a different way. It is being implemented with great success by Hip and Knee Surgeon Dr Tyson Doneley at Brisbane Private Hospital.

Dr Doneley began working with the 360 Patient Partner 12-week personalised exercise and rehabilitation program in July this year. He said patients and their general practitioners (GPs) have responded extremely well to the program, which is covered by most private health insurers.

360 Patient Partner introduces the patient to a Garmin and an iPad program app to track their prehabilitation and rehabilitation around their joint replacement under the controlled guidance and therapy of a physiotherapist.

The program also incorporates detailed analysis and joint simulation of patient knee anatomy to provide

Dr Doneley with intricate data of their diagnosis and predictive outcomes from surgical procedure options. "360 is a new paradigm for delivering the entire package of joint replacement," said Dr Doneley. "It has been designed by Australian biomedical engineers to maximise satisfaction outcomes from surgery while minimising disruption to a patient's lifestyle, all while ensuring the costs associated with joint replacement are tightly controlled."

"The combination of elements in the program include lifestyle and joint analysis, joint simulations, one-on-one care by a physiotherapist plus data being gathered via wearable Garmin and iPad apps to provide daily reports and time specific statistics. "This means that the intelligence we can provide to patients, GPs and private health insurers is incredibly detailed, collaborative and beneficial for everyone and that the individual recovery of a patient can be consistent and tailored as variations of needs arise." Dr Doneley said the pre-operative questionnaires were a useful tool in highlighting patient history and managing pre and post-operative patient expectations.

"Once we establish this, we can identify who will most benefit from the 360 program and then obtain imaging of the leg and knee including computer simulations and virtual knee replacement which model outcomes to determine the best surgical procedure for successful results.

"The program before surgery is designed to allow patients to get home and back to living their lifestyle as quickly as possible and to decrease the need for in-patient rehabilitation after surgery.

"Following surgery patients continue their treatment with our physiotherapist via face to face appointments or video chat sessions. The system is customised to their needs for immediate feedback to the physiotherapist or myself if there is an issue.

"Patients can't drive after surgery, so this is designed to give a full in-patient service to someone in their own home rather than burden them with the increased cost of care as part of their recovery.

Dr Doneley said the implementation and success he was seeing with the 360 Patient Partner Program for knee replacements has led him to participate in a pilot program for hip replacements. "The 360 program is revolutionising the management of joint knee replacements and the initial steps for the hip program are looking very promising.

"The average age of our patients is 60 to mid-70's, and as they remain active for much longer, our systems need to evolve to deliver the optimal healthcare journey, not just the optimal result.

"Our patients have also tried multiple treatments before they reach our door, so replacement is their last resort. We want to lay the foundation for a good recovery, manage their expectations all the way through and provide care that is not cost-prohibitive so their expectations are managed through the experience.

"It is exciting and satisfying to pioneer this program and bring in the changes that will evolve our patient care to the next level."

Dr Doneley is pleased to announce the opening of a new practice, The Brisbane Orthopaedic Clinic, on the ground floor of Brisbane Private Hospital near the front entrance in January 2020. This will feature more space to accommodate physiotherapy sessions and other services for his patients.

#### FOR MORE INFORMATION AND REFERRALS CONTACT:

Dr Tyson Doneley  
The Brisbane Orthopaedic Clinic-Surgery of the  
Hips and Knees

Foyer 135 Wickham Terrace  
Spring Hill, Qld, 4000

P: 07 3394 4577

F: 07 33944588

E: [reception@tysondoneley.com.au](mailto:reception@tysondoneley.com.au)





## BRISBANE PRIVATE HOSPITAL TO INSTALL SOUTHERN HEMISPHERE'S FIRST FULL 4K ADVANCED IMAGING I-SUITE

**B**risbane Private Hospital will install the Southern Hemisphere's first full 4K AIM (Advanced Imaging) i-Suite in December 2019 using the most advanced 4K imaging in the world.

The cutting-edge technology by Stryker will increase visibility, accuracy and precision during orthopaedics procedures to deliver faster surgery and quicker recovery processes for patients.

Orthopaedic surgeon and shoulder specialist Dr Kenneth Cutbush will perform the first procedures using the new 4K i-Suite equipment, which features a camera system that delivers greater accuracy.

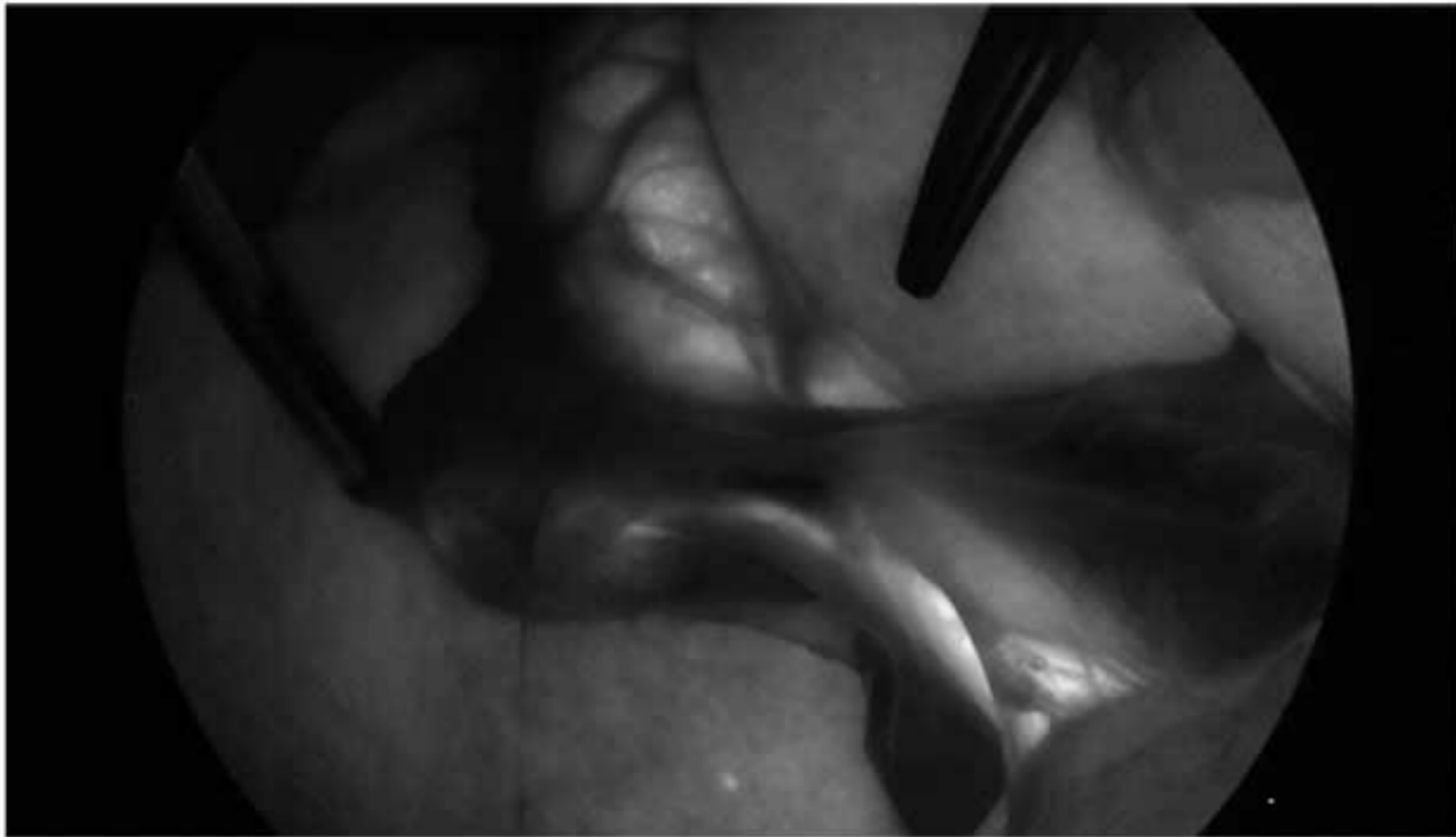
While there are approximately 600 i-Suites in Australia, this will be the first time the 4K AIM technology will be combined with a 600 i-suite.

The \$300,000 technology will allow for live surgery to be streamed directly from the theatre with two-way communication to any mobile device or conferencing facility in the world in less than one minute, with multiple vantage points within the room.

Launched this year in US leading hospitals including The Mayo Clinic and Stamford Private Hospital, the technology has already been used in a ground-breaking international trial using near-infrared fluorescence imaging in the identification of lymph nodes in women with cervical and uterine malignancies.

It took three years to develop the 1688 camera technology and is Stryker's 10th generation camera. The 4K routing has been perfected over the last five years to ensure a streamlined workflow in the operating environment.

Dr Cutbush said the 4K AIM i-Suite will deliver extremely high-resolution imaging capabilities to allow surgeons to better visualise joint structures. The system also has features that will allow visualisation of live blood perfusion, tumour margins, lymphatics and other critical anatomical structures. He said that it was exciting that the surgeons at Brisbane private hospital will now have this technology available to them when looking after their patients.



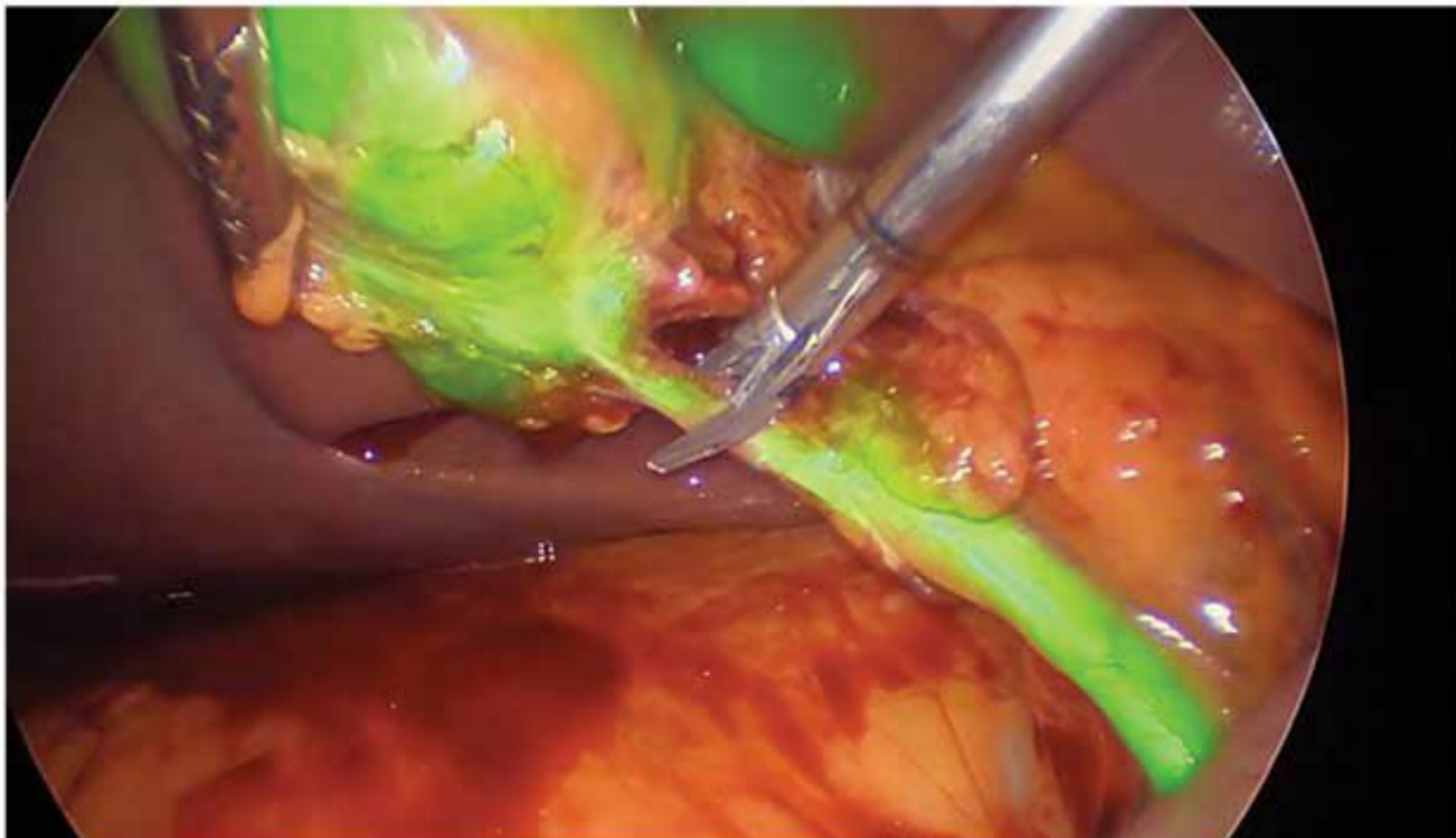
Surgeons will have control of the system via voice control for hands-free operation or touch button to maintain a sterile field control.

The resolution of the camera system and its optics are a significant improvement on the existing technology.

The system will deliver greater ease of use through 5400 full 4K monitors and increase the speed at which medical images and data is reviewed and assessed during an operation.

"As surgeons, this allows us to better see what we do so that we can perform more precise surgery in a shorter time, all of which are good things for our patients," said Dr Cutbush.

"Patients coming to Brisbane Private Hospital will benefit from the new technology, improving the precision for patients undergoing arthroscopic surgery at the hospital.



Brisbane Private Hospital CEO Claire Gauci said the 4K AIM i-Suite places Brisbane Private Hospital at the leading-edge of surgical theatre technology to help reduce time in theatre for patients and speed up their recovery.

"The 4K i-Suite is great for team work as everyone in theatre can see increased clarity through camera definition, but also for research, conferences and publications thanks to high level of detail it can capture and share.

"As Queensland's largest orthopaedics hospital, Brisbane Private Hospital will utilise the technology across orthopaedics initially, followed by other specialities including gynaecology, urology, neurosurgery and general surgery.

"Brisbane Private Hospital treats over 20,000 patients each year with the assistance from about 150 visiting medical officers and a dedicated team of 500 healthcare professionals.

"We are very proud to have so many surgeons who are technology-adaptive and progressive to achieve the best possible patient results and we are excited to soon offer the most advanced 4K imaging system in the world to patients to assist in achieving better healthcare outcomes."



---

#### FOR MORE INFORMATION AND REFERRALS CONTACT:

Dr Ken Cutbush  
Shoulder Clinic

Level 4 135 Wickham Terrace  
Spring Hill, Qld, 4000  
P: 07 3063 5500  
F: 07 3811 2921  
E: [office@kennethcutbush.com](mailto:office@kennethcutbush.com)

---

# MEDICINAL CANNABIS IS IT THE PANACEA?

---







**M**edical practitioners are currently faced with the increased need to help people who are unable to manage chronic and debilitating conditions using conventional and evidence-based treatments.

Given these demands and media and political coverage on medicinal cannabis products, doctors experience greater demand to prescribe these products, which inherently create anxiety and stress within the therapeutic relationship.

This is not new, as innovation and availability of new drugs and products have been the norm for a significant period of time.

Cannabis has been intertwined with civilisation for approximately 6000 years, with initial use in China for a variety of conditions, including pain, constipation and malaria. These expanded to Western civilisation where tinctures were used to relieve pain and nausea and further led to its recreational use for its euphoric and numbing effects. Interest in possible therapeutic benefits for cannabis was revived in the 1990s, following the discovery of the endocannabinoid system in the central and peripheral nervous system, immune system and GI system.

In Australia, legislation to allow the medical use of cannabis occurred in 2016. Currently, medicinal cannabis products are fairly limited. Application for its use is through the TGA and the Chief Executive and practitioners have to be authorised. Factors that limit its use include cost, driving limitations and co-morbid psychiatric disorders, severe cardiovascular disease and pregnancy. It is unknown as to the long-term effects of these treatments.

Furthermore, the medicinal grade products need to be in a suitable ratio of CBD:THC (which means that THC is in the mixture) and are not smoked. It is important to remind patients that it should not detract from utilising current evidence-based treatments for their condition.

There are many claims about the beneficial use of medicinal cannabis products for a wide range of conditions, including the TGA-approved listed conditions of epilepsy, chemotherapy-induced nausea and

*Cannabis has been intertwined with civilisation for approximately 6000 years.*

vomiting, palliative care management, cancer and neuropathic pain and spasticity from multiple sclerosis.

While there is evidence to indicate possible therapeutic benefits in these conditions, they are heterogenous, are limited by variations in quality and bias and limited in positive long-term outcomes. Hence, this creates difficulties in recommending and supporting these treatments.

With all clinical decisions, we need to balance patient demands and our clinical therapeutic responsibility, which includes providing best evidence and education to the patient and practitioners.

We need more high-quality research in this area before considering recommending these products.



---

#### FOR MORE INFORMATION AND REFERRALS CONTACT:

Dr David Nguyen  
Damascus Drug and Alcohol Rehabilitation

Brisbane Private Hospital  
259 Wickham Terrace  
Spring Hill, Qld, 4000  
P: 07 3834 6510  
E: [admin@toowongclinic.com.au](mailto:admin@toowongclinic.com.au)



*"I love spine surgery, especially the challenge of it. I can see an immediate and tangible benefit to my patients."*

## MEET OUR NEWEST GROUND-BREAKING SPINE SURGEON

**D**r Dihan Aponso is a ground-breaking spine surgeon who performed a Queensland-first operation, a video-assisted thoracic vertebrectomy, earlier this year. He recently joined Brisbane Private Hospital.

Originally hailing from New Zealand but now firmly settled in Brisbane for the past five years, Dr Aponso is passionate about spine surgery and the immediate difference it can make in a patient's life, often within hours of an operation.

"I love spine surgery, especially the challenge of it. It is a technically demanding field, but it is incredibly rewarding because I can see an immediate and tangible benefit to my patients," he said.

His passion for innovation was recently demonstrated through a case that was a first for Queensland, when he treated a young girl with an unstable spine fracture and spinal cord compression with a video-assisted thoracic vertebrectomy and reconstruction.

Dr Aponso's use of the ground-breaking surgical technique resulted in a much shorter hospital stay for his young patient, a quicker recovery, and much less blood loss through smaller incisions and decreased tissue disruption than the traditional approach.

"That case was challenging but very rewarding. Trauma is one of the areas that I enjoy treating but I also enjoy managing spinal tumours and infections. I quite often find that patients are bewildered and confused by the barrage of information, but just want someone to explain first what's going on, and then guide them in making the right decision."

"My passion in spine surgery is dealing with spinal deformity such as scoliosis, not only those seen in an early age, but also deformities caused by degeneration. Most of the patients I treat suffer degenerative cervical and lumbar spine conditions and where I can, I will use minimally invasive techniques during surgery."

Dr Aponso performs minimally invasive spine surgery for approximately 60% of his cases, using anterior and lateral approaches to treat suitable conditions in his patients.

He said these techniques have been used for approximately 10-15 years and are slowly gaining traction and popularity in Queensland. "Minimally invasive spinal surgery techniques help patients to have a much quicker recovery, with less blood loss and a decreased need for stronger pain killers afterwards.

"Another benefit with some of these techniques is that for those patients where a reasonably large operation is required, I can help to address part of the pathology with a minimally invasive technique and stage the procedure over two days rather than undertake one extensive operation, which is often harder for patients to recover from. "Overall, I find that patients get a better correction and are better aligned with this approach. They also benefit from the improved support which adds to the long-term success through some of these reconstruction techniques."

Dr Aponso will be working at Brisbane Private Hospital throughout the Christmas and New Year period.

---

#### FOR MORE INFORMATION AND REFERRALS CONTACT:

Dr Dihan Aponso  
QLD Spine

Suite 30, Level 2, 40 Chaseley St  
Auchenflower, Qld, 4066  
P: 07 3278 2662  
F: 07 3607 2467  
E: [reception@qldspine.com](mailto:reception@qldspine.com)



**UPPERLIMB.COM**

**BRISBANE HAND & UPPER LIMB CLINIC**



---

## **CLINIC FACELIFT**

---

**BRISBANE HAND AND UPPER LIMB**  
Brisbane Private Hospital  
Level 9, 259 Wickham Terrace  
Spring Hill, Qld, 4000





## NEW BACKSPACE CLINIC REDEFINES COLLABORATIVE SPINAL TREATMENT FUTURE



ABOVE: OUR PHYSIOTHERAPIST  
ASSESSING A PATIENT

**T**he new BackSpace Clinic at Brisbane Private Hospital is redefining how back pain is assessed, managed and treated by combining all of the medical and allied health services a patient may need to fix their back problem in one state-of-the-art location.

This multi-disciplinary approach to assessing, diagnosing and managing back pain is not new, but the collaboration of physiotherapists, exercise physiologists, massage therapists and spine specialists in one location with medical supervision and input as to how patients are managed, is.

Created by spine surgeon Dr Paul Licina from SpinePlus in collaboration with pain physician Dr Brendan Moore from Axxon, the BackSpace Clinic has treated internal patients for the past 18 months while the operational aspects of the clinic have been refined.

It is now open to the public and is accepting referrals from doctors, allied health professionals and directly from patients for the treatment of back and neck pain and injuries; degenerative lumbar and cervical pathologies; disc herniation and sciatica; spinal stenosis; spondylolisthesis; scoliosis; postoperative rehabilitation; plus, reconditioning and posture retraining.

Dr Paul Licina said creating the patient-centric clinic, rather than just talking about patients being in the centre of the care process,

"BackSpace is a very different and new way of providing spinal care that uniquely combines all these disciplines.

"For patients to visit one location rather than having to travel from discipline to discipline as part of their back-pain journey, we have re-imagined the future of spinal care.

"Overseas medical specialists who have visited the clinic have not seen it implemented elsewhere and I have been asked to present the concept in Budapest and other locations."

Dr Licina said at BackSpace, the patient's condition was triaged by a nurse and patient care facilitator, a provisional treatment plan was formulated, and an appointment made, usually within a few days. For urgent conditions, patients could be seen on the same day.

"Our physiotherapists will assess patients, diagnose their problem, and formulate a treatment plan which may include correcting biomechanical abnormalities, modifying patient movement patterns, improving posture and developing guidelines for return to normal activity.

"The exercise physiologists will look at a patient's lifestyle and goals, and design an exercise programme taking into account the physiotherapy recommendations. They will prescribe the right exercises, show patients how to do them and monitor progress during their recovery.

"Remedial massage therapists will treat painful and tight areas with massage and stretching, based on the problems identified by the other therapists. They will decrease pain, ease muscle tension and release tight tissues to decrease pain and speed up recovery, all under the medical supervision of myself, Dr Moore and affiliated specialists Dr Ben Manion, rehabilitation physician and Dr Angus Forbes, occupational physician."

Dr Licina said the next phase of BackSpace would introduce digital health through wearables to track a patient's medications and movement; communication devices for the management of issues; digital education as and when needed; and outcome measures to assist with research.

"We are excited to have BackSpace open to the public at Brisbane Private Hospital and look forward to growing and developing the clinic as it changes the way spinal issues are treated in the future."

---

#### FOR MORE INFORMATION AND REFERRALS CONTACT:

##### BackSpace

Level 7, 259 Wickham Terrace  
Spring Hill, Qld, 4000  
P: 1300 222 577  
E: [back@backspace.com.au](mailto:back@backspace.com.au)

Phone reception operates Monday to Friday from 8am to 5pm and the clinic opens Tuesday to Thursday from 8am to 5pm.



**D**r Shannon Withers has recently returned to Brisbane after completing her subspeciality training in otology, lateral skullbase and cochlear implant surgery.

She is the most recent addition to the Brisbane Private Hospital ENT team and has a special interest in hearing loss including age related hearing loss.

According to the World Health Organisation age related hearing loss is the second most common illness in the geriatric population and is the third most prevalent health condition worldwide.

The WHO estimates that by 2025 there will be 1.2 billion people over the age of 60 and more than 500 million of them suffering significant impairment from age related hearing loss. Unaddressed hearing loss poses an annual global cost of \$750 billion.

Hearing loss has been demonstrated to be associated with cognitive decline and dementia. Age related hearing loss is also associated with increased mechanical falls and musculoskeletal injury.

It can result in workplace and social isolation as well as depression (1).

Cochlear Implants have been utilized to restore inner ear related hearing loss for over 40 years. Cochlear Implants are an electrical device that is implanted directly into the cochlea (organ of hearing) to bypass the damaged part of the ear and stimulate the nerve of hearing directly.

Australia has a strong history behind cochlear implant surgery with one of the first multichannel cochlear implants invented and implanted in Melbourne by Dr Graeme Clark in 1978.

The technology has improved remarkably from then and to date there have been over 500 000 cochlear implants worldwide.

Hearing aids have an important role in rehabilitating a patient's hearing, however many patients become frustrated with hearing aids as they are no longer able to gain benefit from them.

A close-up portrait of Dr Shannon Withers, a woman with long, wavy brown hair and blue eyes, smiling warmly at the camera. She is wearing a dark, sleeveless top and a necklace with a pearl pendant. The background is a plain, light-colored wall.

## MEET BRISBANE PRIVATE'S NEW ENT SURGEON





ABOVE: COCHLEAR IMPLANT

Often this is because their hearing has deteriorated to a point that hearing aids no longer work and it is at this stage a cochlear implant may be of benefit. Today there are hearing preservation cochlear implants that combined with a minimally invasive surgical technique aim to preserve what hearing remains in the ear.

It is a team approach and Dr Withers works closely with audiologists to determine if a patient could benefit from a cochlear implant.

Dr Withers is currently undertaking research into cochlear implant surgical outcomes through the Ear Science Institute of Australia.

She is taking new referrals and can be contacted to arrange an assessment of patient suitability for cochlear implantation.

1) World Health Organization. Deafness & Hearing Loss Factsheet. Available at <https://www.who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss>

*Age related hearing loss is the second most common illness in the geriatric population and is the third most prevalent health condition worldwide.*

BELOW: COCHLEAR NUCLEUS SOUND PROCESSOR



**FOR MORE INFORMATION AND REFERRALS CONTACT:**

Dr Shannon Withers  
Complete ENT

Level 1, 135 Wickham Terrace Spring Hill, Qld 4000  
P 07 39055999  
F 07 30563221  
E: [info@completeent.com.au](mailto:info@completeent.com.au)

# ONLINE EDUCATION FOR GPs

Brisbane Private Hospital has a reputation for providing quality GP education activities for General Practitioners.

In 2019 there was a combination of Category 1 and 2 events covering:

Orthopaedics  
Neurosurgery  
Drug and Alcohol Rehabilitation  
Plastic Surgery

In preparation for the new RACGP triennium which begins in January 2020, we are developing a series of accredited online education modules.

We recognise it can be challenging to attend even when it is topics GPs are interested in and thus we will be able to provide similar educational seminars online so GPs can do them at a time and place that is convenient for them.

The first of this series is available now and is a drug and alcohol rehabilitation update.

To login, please go to  
<https://healthscope.ditaplayer.com.au/self-register/cpd>

The topics include:

Dr Belinda Oddy - Pain, psychiatry and substance use disorders  
Dr David Nguyen - Medicinal cannabis  
Dr Nigel Prior and Dr Ben McDarmont - Opioid dependence  
Dr Matthew Hocking - A practical look at motivational interviewing  
Bev Wethereld - Compassion therapy

For enquiries regarding our GP Education Program, please contact Suzanne Pearson  
[Suzanne.pearson@healthscope.com.au](mailto:Suzanne.pearson@healthscope.com.au)  
or 07 38346129.

We would love to hear your feedback.



# DR BENJAMIN MANION

REHABILITATION SPECIALIST AND PAIN MEDICINE PHYSICIAN

BVSC, MBBS, AFRM



He has been actively involved in combat sports in multiple states both ringside and in an advisory role, including being one of the advising doctors for IFMA and assisting the Tasmanian Government's formation of a combat sports authority. Larger roles include being the doctor for world title bouts such as the Horn/Pacquiao event in Suncorp Stadium. He embraces a longitudinal, multidisciplinary approach to patient management, and has an active research focus with a number of publications and presentations.

**TO ARRANGE AN APPOINTMENT FOR YOUR PATIENT WITH DR MANION, PLEASE CONTACT:**

Axxon Pain Medicine  
 Phone: 07 3180 4400  
 Fax: 07 3180 4223  
 Address: Level A, Brisbane Private Hospital  
 259 Wickham Tce BRISBANE QLD 4000  
 Email: [admin@axxonpain.com.au](mailto:admin@axxonpain.com.au)  
 Website: [www.axxon.com.au](http://www.axxon.com.au)

Dr Benjamin Manion is an Australian certified Rehabilitation Specialist and Pain Medicine Physician. He has a BVSc and an MBBS, as well as his AFRM certification. His degrees were both obtained through the University of Queensland, and he has also worked in Hong Kong for 4 years. He has experience working in a variety of rehabilitation areas, and has special interests in post surgical rehabilitation, interventional pain medicine and the evolving management of chronic pain. He has also worked in a variety of roles for a number of years as a sports doctor, including being doctor for an AFL team, multiple motor racing events including V8 supercars and the Gold Coast Indy, boxing, mma and muay thai events and fighters.

## INFOCUS // ISSUE 19



Brisbane Private Hospital is the city's leading inner city hospital treating over 20,000 patients each year.

Our 181-bed private hospital is conveniently located at the top of the Wickham Terrace, Brisbane's busiest medical precinct, in the heart of the CBD.

Brisbane Private Hospital offers a unique combination of specialist medical and surgical services, 24 hour Intensive Care Unit medical coverage and full time intensive care specialists. Our theatre complex performs over 15,000 procedures each year.

Our doctors are among Australia's leaders in research and practise and are committed to providing expert care in fields such as orthopaedics, neurosurgery, drug and alcohol rehabilitation, urology, ear, nose and throat, general surgery, rehabilitation, gynaecology, plastic surgery and endoscopy.



259 Wickham Terrace  
Brisbane QLD 4000

P: 07 3834 6111

F: 07 3834 6596

W: [www.brisbanepriatehospital.com.au](http://www.brisbanepriatehospital.com.au)