



UPDATE ON ORTHOPAEDIC RESEARCH AT BPH

By Assoc Prof Peter Myers AM, MB, BS, FRACS, FAOrthA

More than 51 research projects are currently underway among Brisbane Private Hospital's Orthopaedic Group. Most of these projects are done at a surgeon's own time and cost and are highly internationally regarded. Associate Professor Peter Myers provides In Focus with an update.

Clinical research is not easy. However, it is through such research that we can recommend one treatment over another based on scientific evidence. Research has varying degrees of complexity from simple audits through to randomized controlled trials. All involve a workload of study design, preparation, ethical approvals, statistical justification, patient recruiting, undertaking the actual study, recording of pre- and post-intervention scores, follow up over varying time lines, analysis of data and finally submission for presentation or publication.

Basic science or animal-based studies are even more difficult.

Conducting research is not profitable in itself; the reward is the satisfaction of having contributed in some small way to science. Ultimately this results in better outcomes of our interventions and treatments and to improved patient well-being.

The Orthopaedic craft group at BPH comprises some 27 surgeons who have their rooms at BPH and a further 8 who have regular operating lists along with another 7 who occasionally visit. This is a very strong group, highly respected among their peers both Nationally and Internationally. It includes past Presidents of the Australian Orthopaedic Association (AOA), the Australian Knee Society, the Australian Shoulder and Elbow Society, Sports Medicine Australia (Qld Branch – now a National body) along with examiners for the Royal Australasian College Surgeons and the supervisors of 6 AOA accredited speciality Fellowships along with other accolades. This is an elite group by any standards.



The amount of clinical and basic science research being undertaken by the group is commendable since there is no remuneration for it and indeed research takes up time and costs money. The result is presentations at scientific meetings, publications in peer reviewed journals and sometimes inclusion in meta-analyses on the subject. Many book chapters have also been based on this research. Even the simplest of audits allows a doctor to determine what aspects of care their patients prefer and thus a better treatment plan.

There are currently more than 51 research projects underway among the Orthopaedic group at BPH that we know about and probably many more where the ethics approval has been granted from another institution.

The support of the hospital administration and staff with these projects has been greatly appreciated. There is little direct administrative involvement but the little things like the extra paperwork to be completed and that time involved, the extra sterilisation of equipment on occasions, allowing staff time to learn the details of new systems to be used in a study along with other concessions all go towards an harmonious and smooth uptake and running of a project.

Funding mostly comes from the surgeon doing the study. For larger projects institutional or company funding may be sought. There are some research grants available; these are competitive applications and tightly controlled. Research Foundation funding through the speciality Societies is available in limited amounts.

The fact that so many of the BPH Orthopaedic surgeons are doing research indicates a keen interest in the outcomes of their patients. Those patients who are recruited into such projects are almost always extremely happy to be involved and indeed interested in the process and the outcomes. We are grateful to the patients who have been involved in the many projects in past years and those who may be asked to be involved in the future. It is a requirement of the ethical approval process that no harm should come to a patient during the course of any study and patients included in a study are free to cease their involvement at any time.

Australian surgeons are respected Internationally and the quality of our research is integral to that. It is pleasing to see the Brisbane Private Hospital continue as a strong force in Orthopaedic Research in Australia.

Assoc Prof Peter Myers can be contacted at the Brisbane Orthopaedic and Sports Medicine Centre at Brisbane Private Hospital

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Common Knee Problems

15 May 2020

Jarrad Stevens, Vishal Pai

1.5 hours | 3 CPD points

Hosted by Frankston Private Hospital

Improving Patient Outcomes Through Collaborative Orthopaedic Care

23 June 2020

James McLean, Daniel Mandziak, Meng Lim

2 hours | 4 CPD points

Hosted by ACHA Health

Management of Common Shoulder Problems in the Primary Care Setting

7 July 2020

Duy Thai

1.5 hours | 3 CPD points

Hosted by Northpark Private Hospital

The GP and the Orthoped: When to refer, replace and repair, from paediatrics to the elderly

14 July 2020

Daniel Sydenham, Will Pianta, Ben Johnson

1.5 hours | 3 CPD points

Hosted by Holmesglen Private Hospital

Orthopaedics 1 (Knees, paeds, hand & wrist)

16 July 2020

Sheanna Maine, Darren Marchant,
Tim McMeniman

2 hours | 4 CPD points

Hosted by Brisbane Private Hospital

Orthopaedics 2 (Knee & spine)

30 July 2020

Peter Myers, Brett Collins, Paul Licina

2 hours | 4 CPD points

Hosted by Brisbane Private Hospital

Assessment & Primary Management of Hand Injuries

06 August 2020

Pankaj Kothari, Randy Bindra

1.5 hours | 3 CPD points

Hosted by Gold Coast Private Hospital

Fracture Management & Plastering

12 August 2020

Anna Manolopoulos

1 hour | 2 CPD points

Hosted by Northpark Private Hospital

Orthopaedics: Robotics and other innovative treatments

13 August 2020

Greg Harvey, Paul Harvie, Paul Einoder

1.5 hours | 3 CPD points

Hosted by Hobart Private Hospital

Osteoporosis Management in Primary Care

20 Aug 2020

Sharon Thomas, Louise Ciin

1.5 hours | 3 CPD points

Hosted by Gold Coast Private Hospital

Elbow Stiffness & Hip and Knee Pain

27 August 2020

Shailendra Dass, Elie Khoury

1.5 hours | 3 CPD points

Hosted by Northpark Private Hospital

Adult & Paediatric Sports Injuries

27 August 2020

Nicole Williams, Justin Webb

2 hours | 4 CPD points

Hosted by ACHA Health

From Knee to Shoulder: Managing Patients Now and in the Future

16 September 2020

Richard Large, Owen Mattern,

Sam Joseph

1.5 hours | 3 CPD points

Hosted by Frankston Private Hospital

Orthopaedic Symposium: Knees – The Young and the ‘Not so Young’

29 September 2020

Alex Nicholls and David Dickison

1.5 hours | 3 CPD points

Hosted by Northern Beaches Hospital

Hips, Ankles & Feet: GP management of common problems with a focus on imaging

15 Oct 2020

Upeca Wattuhewa, Ramen

Sethi and Saeed Asadollahi

Hosted by Northpark Private Hospital

Management of Forefoot Conditions, Advancements in Trauma, Patella Instability & Robotic Assisted Knee Replacement Surgery

4 November 2020

Tony Dunin (Chair), Elango Selvarajah,

Jarrad Stevens, Craig Donohue, Francis Ma

2 hours | 4 CPD points

Hosted by Knox Private Hospital



Pictured: Jason Burton - Director of Nursing

2020
**YEAR OF THE
 NURSE/MIDWIFE**
 OUR GREATEST CHALLENGE YET

Brisbane Private Hospital's Director of Nursing Jason Burton reflects on the challenge that 2020, the Year of the Nurse and Midwife has been, and the positive outcomes that have resulted.

2020 is the year of the nurse and midwife, yet it has been a year like no other in living memory. What has it meant to you as Director of Nursing of BPH?

This year has been my greatest challenge as Director of Nursing, and throughout my career. Navigating how to manage a surgical hospital within the COVID environment while trying to provide the best possible patient care and outcomes, plus manage complex cases and meet stakeholder expectations, has been stressful.

Those elements were also combined with trying to meet the expectations of the general public for visitation under restricted conditions and understand their needs while providing patient support, and demonstrating our strong clinical governance throughout the hospital under enormous pressure.

In addition, like many hospitals, we faced supply issue concerns around PPE and consumables based on risk calculations of managing the hospital if we experienced COVID cases, so making sure our staff had the necessary equipment was also a factor for many months.

Importantly, our nursing staff rose together as a group each time we faced something new, and I am extremely proud of how our nursing teams overcame these challenges and continue to do so. How many nursing staff do you employ at BPH, across which departments?

We employ between 350 and 400 staff at BPH, in the following teams: theatre team, day surgery team, Damascus team, rehabilitation team, surgical team, neurological wards team, plus teams in pre-administration, discharge and after hours.

What were the biggest challenges for the nursing staff? The largest challenge was the fear that had to be managed around the COVID unknowns for these staff who are on the frontline and very at-risk when it comes to highly infectious diseases such as this one. Some staff took extended time off due to the stress of this.

In managing that situation, we had to make sure we had the knowledge to communicate to staff to prepare them on managing the pandemic impacts and alleviating their fears. The hospital did an excellent job in managing this.

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Then they were challenged by the knock-on effects of having a lot of elective surgery suspended, which meant many feared for their jobs, and with the hospital not allowed to operate on standard lists for three to four months, we are still feeling and managing through the impact of this.

The other challenge, which has partially alleviated for the moment, were the daily risk assessments needed for patients outside of Queensland. We treat many patients from interstate at BPH, especially areas of Northern NSW and Darwin, so keeping abreast of guidelines from the Chief Health Officer as they were changing to ensure we were and still are abiding by them, is just part of daily life now.

What have been your 2020 nursing highlights and positive outcomes?

One highlight was that BPH was able to negotiate with the State Government to ensure that our nursing staff suffered no financial impact and were paid their normal rate while our surgeries were impacted. Many of our nurses feared for their jobs and the financial impact that would have, but it was a great relief to have the backing of the State Government to secure this.

Overall, a great benefit to patients and doctors has been that the team has become stronger as a result of the situations we faced together.

Our teamwork is better and tighter and as a result of many of us being pushed out of our comfort-zones, there has been a lot of cross-pollination within our teams to work in other areas if they require support. For example, ward staff were trained to work in ICU in case our ICU was required for cases, and we had great feedback from ICU and the staff experiencing new training that to learn something different was great.

What do you want the nursing team at BPH to know moving forward into 2021?

COVID has taken its toll on our activity, but 2021 is a time of rebuilding and growth within the hospital to make it better. BPH nurses have amazing experience, and many of them have been here for a long time, so their depth of knowledge, management of complex cases and diversity of skill plays a big role in making BPH the leading healthcare centre that it is.

Nursing staff are very selfless people who put others first and they do everything they can to ensure that patients get the best care and support possible. They are practical and rise to the challenge whenever they need to. While they get acknowledged on Nurses Day, it's never top of mind for them to seek recognition, and it especially hasn't been this year.

Even though 2020 has been a time of unrest while being Year of the Nurse and Midwife, the nursing team's focus on the quality of care at BPH has always come first. Regardless of the pandemic or other challenges, our clinical governance and exceptional patient care have been outstanding, and I thank them all for their commitment, strength and support.

Pictured (L-R): Kasey Nimmo, Jason Burton and Kathleen Barratt



BRISBANE PRIVATE HOSPITAL TO LAUNCH ACUTE SPINE PAIN SERVICE

In early 2021, BackSpace Clinic will be launching an acute spine pain service, the first of its kind in a private hospital in Queensland. The service will provide frontline definitive treatment for patients suffering acute back and neck pain. Patients suffering from acute spine pain have immediate access to expert spinal clinicians, imaging and hospital admission through the BackSpace Clinic, negating the need for long wait times in an emergency department or accessing a GP urgently.

The clinic has redefined how back and neck 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, with a unique collaboration of physiotherapists, exercise physiologists, massage therapists, and spine and pain specialists.

The addition of a registered nurse from Healthscope to the clinic to address emergency back and neck pain has further re-imagined the holistic patient-centric care model, as well as how emergency back care is offered in the private healthcare system.

Brisbane Private Hospital general manager Claire Gauci said, “BackSpace has redesigned a patient’s back-pain journey, offering them a total treatment solution in one hub, rather than having to travel from discipline to discipline, new practitioner to new practitioner, to undergo care”.

In addition to the new in-hours acute spine pain service, the BackSpace Clinic accepts referrals from doctors, allied health professionals and directly from patients for the treatment of back and neck pain; spine injuries; degenerative lumbar and cervical pathologies; disc herniation and sciatica; spinal stenosis; spondylolisthesis; scoliosis; perioperative rehabilitation; plus reconditioning and posture retraining.

BackSpace is located on Level 7 of Brisbane Private Hospital operating from Monday to Friday from 8 am to 5 pm. Contact the clinic on 1300 BACKSPACE (1300 222 577) or back@backspace.com.au

You can read more about the clinic’s offerings at www.backspace.com.au





DR DAVID SHUM

MB.BS, B.SC (QLD)

CONSULTANT PHYSICIAN IN GERIATRIC MEDICINE



Dr David Shum is a locally trained consultant physician who attained his fellowship with the Royal College of Physicians as a Geriatrician in 2015, and has been working in private practice as well as previously holding a staff specialist position at QEII and Princess Alexandra Hospitals in Brisbane.

He is currently a visiting medical officer at Brisbane Private Hospital as well as Sunnybank Private and Greenslopes.

Dr Shum has special interests in dementia diagnosis, management, as well as in management of behavioural and psychological symptoms of dementia (BPSD).

He regularly consults with patients in residential aged care via telehealth throughout Brisbane and regional Queensland, including Sarina, Theodore and Roma.

Dr Shum's inpatient interests include rehabilitation, post joint replacement surgery, reconditioning following medical illness, and contribution towards complex discharge planning.

His main consulting rooms are at Greenslopes Private Hospital, with additional sessions at Sunnybank.

To arrange an appointment with Dr David Shum, please contact:

Suite 19, Greenslopes Specialist Centre
121 Newdegate St
Greenslopes QLD 4120
P 1300 662 884 F 1300 889 895
E reception@qgmg.com.au
www.qgmg.com.au

DR SARAH PEÑA

MD(USA), FRACS

EAR, NOSE AND THROAT SURGEON



Dr Sarah Peña is a specialist ENT surgeon with both international and local experience.

She has a special interest in all aspects of paediatric ENT, thyroid, parathyroid, parotid and head and neck cancer surgery.

She received her medical degree from Louisiana State University in New Orleans and then undertook specialist surgical training across major institutions in her home state of Louisiana.

She received her Board Certification from the American Board of Otolaryngology, Head and Neck Surgery and then went on to complete a two year fellowship at the Royal Brisbane and Women's Hospital in Head and Neck cancer surgery.

Sarah has subsequently been awarded her Fellowship of the Royal Australasian College of Surgeons and remains registered as a specialist in both the US and Australia.

Sarah truly enjoys, and has a keen interest in, the teaching and mentoring aspect of her job at the Royal Brisbane and Women's Hospital with the medical students, junior doctors and surgical registrars.

She is also a member of the Head and Neck MDT at the Royal Brisbane and Women's Hospital.

To arrange an appointment with Dr Sarah Peña,
please contact:
Level 7, 135 Wickham Terrace Brisbane QLD 4000
P 07 07 3905 5999
E info@completeent.com.au
www.completeent.com.au

DR JO-LYN MCKENZIE

MBBS (HONS), B. PHARM (HONS), FRACS (OHNS)

EAR, NOSE AND THROAT SURGEON



Dr McKenzie is a leading adult and paediatric Ear, Nose and Throat (ENT) surgeon with special skills in advanced Head and Neck Cancer surgery.

As well as treating all general child and adult ENT conditions such as glue ear and hearing loss, ear infections, tonsillitis, snoring and sinus problems - her areas of expertise include Thyroid, Head and Neck Cancer.

She is appointed as a surgeon at Princess Alexandra and Sunshine Coast University Hospitals and operates at Brisbane Private Hospital as well as other Brisbane private hospitals.

Dr McKenzie completed medical school with extensive academic Honours and prizes in Surgery and Medicine.

She was on the Dean's Honour List at University of Melbourne and was selected early to training as an Ear Nose and Throat Surgeon choosing to return to her home state of Queensland. Following her ENT training in Brisbane, she attained further subspecialty post-fellowship training at Princess Alexandra Hospital.

She is further extending her training in Rhinology, Endoscopic Sinus and Skull Base Surgery in London for 2021.

Dr McKenzie has sub-specialty interests in paediatric ENT, head and neck cancer, thyroid, nose and sinus.

To arrange an appointment for Dr Jo-Lyn McKenzie,

P (07) 3831 1448

F (07) 3831 1441

E: brisbanereception@ent-clinics.com.au

Christmas AVAILABILITY

We appreciate holiday periods can be a challenging time to find specialist care for your patients. Below is a list of our Specialists available to assist you with your private patient emergencies over the Christmas period if required.

Drug and
Alcohol Addiction

Dr Belinda Oddy

07 3834 6475

CompleteENT

ENT on call

07 3905 5958

Neurosurgery

Dr Toby Loch Wilkinson

07 3831 4837

Orthopaedics

Dr Greg Couzens

07 3834 6553

Rehabilitation

Dr Anthony French

1300 662884

Urology

Dr Ano Navaratnam

0417307776



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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.



 **Brisbane**
PRIVATE HOSPITAL
by Healthscope

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