

# GP NEXUS

Information for  
General Practitioners

GP Nexus - Winter 2018

## INVITATION: Emergency Centre opening event

To celebrate the launch of our new private Emergency Centre, join the hospital at an exclusive function where you will be invited for a behind-the-scenes tour of the Emergency Centre prior to its first patients being admitted. The details are as follows:

When: 6pm, Wednesday 15 August

Where: Buderim Private Hospital Emergency Centre, 12 Elsa Wilson Drive, Buderim

Please RSVP to [melinda.steyn@uhealth.com.au](mailto:melinda.steyn@uhealth.com.au) or 07 5430 3305 by Thursday 9 August 2018

Read more about our new Emergency centre by visiting [buderimprivatehospital.com.au/emergency](http://buderimprivatehospital.com.au/emergency)



## The O-ARM is here

In a Sunshine Coast first, the Buderim Private Hospital has introduced a new surgical imaging system called an O-ARM, which provides patients undergoing spinal and neurosurgical treatment with better health outcomes and shorter times in theatre.

The **Medtronic O-ARM O2 Multidimensional Surgical Imaging System** was commissioned at the hospital in May 2018 and is the only system of its kind north of Brisbane. We are investing around \$2million in the navigation system, upgraded microscopes and theatre tables to ensure our community is able to access and benefit from the latest surgical technology right here on the Sunshine Coast.

The O-ARM is suitable for use in a variety of spinal and orthopaedic surgical procedures including cervical spine, minimally-invasive and open lumbar and thoracic spine cases and provides surgeons with images from multiple perspectives whilst the patient is being operated on.

The O-ARM is already being utilised by a number of our credentialed surgeons, including Drs [Hazim Akil](#), [Janusz Bonkowski](#), [Stephen Byrne](#) and [Greg Finch](#), who are accepting patient referrals.



*Pictured: Dr Greg Finch with the O-ARM surgical imaging equipment*

## Overcoming Pain Outpatient Program

Our new **Overcoming Pain Program** for outpatients uses an interdisciplinary 'whole-person' approach to promote self-management plans. Patients learn to implement strategies to improve their ability to manage their condition and pain experience, and gain control over their life.

The program's educational approach is based on the 'Explain Pain Curriculum' as published by the NOI Group which has good evidence of efficacy. Education is provided in a group setting with individualisation of messages by various team members usually during physical therapy sessions.

Initial and final outcome assessments, as well as discharge recommendations, are provided to the treating GP. The program is appropriate for:

- Any adult with persistent pain (for example post-surgical pain, back or neck pain, fibromyalgia, rheumatological issues)
- Appropriate management of any underlying medical or surgical issue contributing to the development of pain has been commenced
- The patient has a genuine desire to understand the factors that can influence the experience of pain and are motivated to explore ways to modify these factors

The referral form is available by accessing [buderimprivatehospital.com.au/pain](http://buderimprivatehospital.com.au/pain). Call our rehabilitation team on 07 5430 3273 for more information.



## Care to Share update

Check out the latest videos in our [Care to Share](#) series!

*Are tonsils holding your child back?* with [Dr Adam Blond](#)

*Spinal surgery is not as scary as you think* with [Dr Stephen Byrne](#)

*How your brain causes you pain* with [Dr Paul Frank](#)

## New Dialectical Behavioural Therapy Program

The Coinda Mental Health Service has recently introduced a Dialectical Behavioural Therapy Skills Training Program which is aimed at helping people learn skills to better tolerate high levels of distress, regulate emotions and improve resilience to 'negative' emotions, and be more effective in interpersonal relationships. It is a group program which is held once per week for three hours, for a period of 26 weeks.

If you have a patient with borderline personality disorder (otherwise known as emotionally unstable personality disorder) who is displaying some of the following characteristics they may be suitable for referral:

- Unstable interpersonal relationships
- Identity disturbance including chronic feelings of emptiness
- Impulsivity
- Recurrent deliberate self-harm or chronic suicidality
- Chronic instability
- Transient paranoia or severe dissociative symptoms

Many patients may not experience all the symptoms of borderline personality disorder, but have borderline personality

disorder traits, and these people also stand to benefit from the program.

If you are unsure of the exact diagnosis, refer to one of our psychiatrists who can assist with a thorough assessment and diagnosis.

For more information about the program or to refer to one of our psychiatrists, visit [buderimprivatehospital.com.au/DBTProgram](http://buderimprivatehospital.com.au/DBTProgram)



## Introducing the Women's Health Clinic

The Women's Health Clinic offers a one-on-one physiotherapy based service which utilises the latest technology and multi-disciplinary expertise. The clinic appreciates the individuality of each woman and caters to her unique needs and includes education, assessment, pelvic floor and core re-training and exercise programs, prescription of supportive garments or devices, development of home-based programs and self management techniques.

The Women's Health Clinic will establish a safe and effective program for your patients which is catered to their individual needs. The benefits experienced may include:

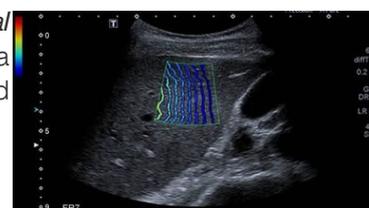
- Facilitating a safe return to exercise and daily life
- Decreasing pain and discomfort
- Education and self-management
- Improving function and strength of pelvic floor and related systems

For more information about the Clinic and to access the referral form, visit [www.buderimprivatehospital.com.au/womenshealth](http://www.buderimprivatehospital.com.au/womenshealth)



## Elastography Ultrasound of the Liver update from BPMI

*Buderim Private Medical Imaging* is pleased to provide a new Elastography Ultrasound service to assess liver fibrosis.



## What is Elastography Ultrasound of the Liver

A non-invasive specialised ultrasound examination that quantifies fibrosis and scarring of the liver. During the examination the liver is evaluated using a specialised Elastography technique. A quantitative measure and dynamic visual display of liver stiffness is provided. In addition to this dedicated study our Buderim Private Medical Imaging team also thoroughly examine the blood flow for the liver as well as the gallbladder, biliary system and spleen.

### Advantages

- Quick, non-invasive examination
- Reduces the need for painful liver biopsies and associated risks
- Quantitative reporting with normal reference ranges
- Highly accurate technique that is reproducible for follow up examinations
- Ability to accelerate treatment for abnormal findings

To ensure patients are **bulk billed** please refer "LIVER ULTRASOUND" with either ARFI / Elastography / Fibroscan.

Acute Admissions - 07 5430 3314	Breast Clinic referrals - 07 5452 0500
Buderim Heart Centre - 1300 675 897	Acute Mental Health referrals - 1300 780 413

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## Staff profile - Meet Linda Lye

Linda Lye is our Cooinda Mental Health Service's new Consultation Liaison and Triage nurse. With more than 20 years experience as a specialist mental health nurse, Linda's role involves:

- Triage and risk assessment
- Assessing GP referrals and liaison with Psychiatrists
- Organising bed availability and admission
- Providing consultation liaison to wards



If you have any questions such as those relating to an admission, outpatient program availability or most appropriate referral pathway, you can contact Linda directly on 07 5452 0663 or [linda.lye@uhealth.com.au](mailto:linda.lye@uhealth.com.au).

## Quick info