

# Medical matters

The Kareena Private Hospital Newsletter



Kareena Private Hospital  
86 Kareena Road, Caringbah NSW 2229

02 9717 0000

Issue 6  
August 2008

KAREENA  
PRIVATE HOSPITAL

## Specialist Profiles on Website

Over half of the active specialists at Kareena have taken up the offer to have their profiles featured on the hospital website.

The profile provides GP's and the public with a brief synopsis on each specialist and contact details as well as a photograph of the specialist in many cases.

To find the specialist profiles go to:  
[www.kareenaprivate.com.au/doctors/specialists.asp](http://www.kareenaprivate.com.au/doctors/specialists.asp)  
and look up the speciality you are looking for.



## Kareena takes 10,000 steps for Make-A-Wish

Leading the way towards fostering brighter futures for ill children, the staff from Kareena Private Hospital laced up their walking shoes and embraced a month long challenge to raise money for the Make-A-Wish Foundation.

This challenge saw Kareena Private Hospital raise over \$750 for The Make-A-Wish Foundation, and in addition to fostering a happier and healthier workplace have made an important contribution to Make-A-Wish's endeavours to bring joy and magic to the lives of children with a life-threatening illness.

Team competition surely abounded but the walking enthusiasts from Kareena's Catering team triumphed, winning the challenge by stepping out over the 4 week event held over May and June.

In total, their steps added up to crossing Australia from Sydney to Perth and back again paving the way for future dreams, hopes and wishes to be granted.

Presenting the donation to Make-A-Wish representatives on Friday 27 June, Kareena's Chief-Executive Officer Sue Panuccio, brought forth the collective thanks and well wishes of the staff inspiring the Make a Wish team to always press on with their cause knowing they have this amazing community support behind them who have truly stepped up to the mark!



Above: Russell Smith from Make-A-Wish Southern Sydney Volunteer Branch, Team Leaders from the winning team: Ajith Subramaniam and Doreen Tattle, Kareena Private Hospital's CEO Sue Panuccio, and the Make-A-Wish NSW/ACT State Manager Timothy Gibbons.

## 100% Electric Patient Bed Upgrade

Last month Kareena signed the order for the last 17 new electric beds to bring the hospital up to 100% new inpatient beds when these arrive in August/September 2008.

Not only does this enhance the comfort and ease of use for patients but it also makes life easier for the nursing staff.

The Howard Wright beds are able to accommodate patients of up to 300kg in weight, have a better mattress and are 980mm wide.

In the next 6 months the hospital is looking at updating its Day Surgery beds

In this  
issue

- Specialist Profiles on Website
- Kareena takes 10,000 steps for Make-A-Wish
- 100% Electric Patient Bed Upgrade
- Meet our new Specialists
- Nationwide survey shows Kareena Private has the healthiest workforce
- Minimally Invasive Surgery: Latest Advances in Total Knee Replacement Surgery
- GP Education @ Kareena
- Hospital Accreditation Review

# Meet our new Specialists

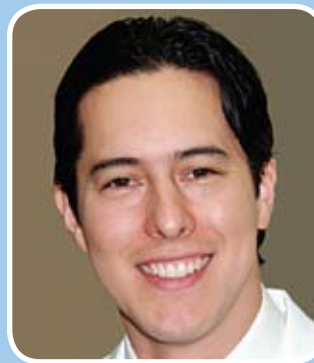
## Dr Darren Chen & Dr Samuel MacDessi: Specialist Knee Surgeons

Dr Darren Chen and Dr Samuel MacDessi have been in private practice together now for over eighteen months and have established Sydney Knee Specialists as a premier medical clinic dedicated to the management of all knee disorders. Drs Chen and MacDessi are both Honours graduates in medicine from the University of Sydney and are locally trained orthopaedic surgeons through the Australian Orthopaedic Association.

They received their fellowship to the Royal Australasian College of Surgeons in 2005 and subsequently spent a further twelve months in subspecialty fellowship programs in North America. Dr Chen's clinical fellowships include lower limb adult reconstructive and arthroplasty surgery at the Mount Sinai Hospital in Toronto, Canada, and a fellowship in hip and knee arthroplasty at Harvard Medical School Boston, USA. During his time abroad Dr Chen also spent time in the Arthroplasty Unit at the Mayo Clinic Rochester USA. Dr MacDessi was the knee and hip reconstructive and arthroplasty fellow at the Hospital for Special Surgery, New York, USA. During this time he was involved in clinical research and co-authored a book chapter on minimally invasive total knee replacement surgery (MIS).

Whilst abroad Dr Chen and Dr MacDessi gained extensive experience in the latest techniques in knee surgery including minimally invasive total knee replacement surgery, cartilage transplantation and double bundle ACL reconstruction.

Since their return from overseas Dr Chen and Dr MacDessi have been providing a service to the Sutherland Shire and look forward to maintaining a long term working relationship with the medical profession and community. They are always available for consultation and for meeting any of your clinical needs. Dr Chen and Dr MacDessi can be contacted through their rooms through 02) 8307 0333. They have specialist consulting suites in Miranda, Menai, Kogarah, and Edgecliff. They operate regularly at Kareena Private and St George Private Hospitals.



Dr Darren Chen



Dr Samuel MacDessi

## Nationwide survey shows Kareena Private has the healthiest workforce

The following article was distributed to the local press recently following the outstanding on-line health survey.

A recent health and culture survey conducted by private health insurer ahm (Australian Health Management) has revealed that Kareena Private Hospital staff are the healthiest workforce surveyed across a range of industries, to date.

The nationwide survey found that 74% of staff at Kareena Private had "good" health compared with an average of only 59% of staff in other organisations. In addition, the survey reported that 90% of staff at the hospital had a good work/life balance and job satisfaction.

Kareena Private CEO, Sue Panuccio attributed these great results to its Wellbeing and Balance Program which includes a range of activities and initiatives supporting staff health, personal

development and contributions to the community.

"We have been working very hard on our Wellbeing and Balance Program which encourages staff to maintain a healthy lifestyle and work/life balance. It is really tremendous to see that this is paying off," said Ms Panuccio.

"Our recent participation in the 10,000 steps pedometer challenge was an example of how staff can improve their physical activity in a fun and social way. The hospital also donated \$750 to the Make-a-Wish foundation when the teams reached their goal."

Other events that Kareena identified as having participated in over the past year included Feeling Great Week, Christmas in July celebrations, SIDS and Kids Mothers Community Event and Seniors Week activities.

"The Wellbeing and Balance Program has made a real difference to the staff at Kareena and the community program has also been immensely popular with the recent SIDS and Kids events totally booked out."



The Community Health Awareness Program includes all ages

More information about the staff and community programs are available at

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



# Minimally Invasive Surgery: Latest Advances in Total Knee Replacement Surgery

## What is Minimally Invasive Surgery (MIS)?

Conventional knee replacement surgery accesses the knee joint via a longitudinal incision through the quadriceps tendon. Cutting this tendon to expose the knee joint increases post-operative pain and impairs function of the quadriceps muscle which is crucial in restoring early strength to the knee.

In the last few years techniques have been developed which minimise surgical trauma to the quadriceps tendon. Minimally invasive surgical (MIS) techniques preserve the quadriceps muscle insertion to the patella, thereby allowing rapid recovery of knee extension and strength.

## How is minimally invasive surgery performed?

In order to minimise trauma to the quadriceps muscle, several changes in the surgical technique have been developed. Of primary importance, the quadriceps tendon is not cut. The knee joint is now accessed by less traumatic approaches such as under the vastus medialis muscle ("subvastus approach"). Secondly, the patella is displaced to the lateral side of the femur and not everted as in traditional techniques. Finally, surgical instruments have now been developed which allow MIS knee replacement surgery to be performed through smaller incisions. Meta-analyses have confirmed these techniques allow faster recovery of knee function after knee replacement surgery.

## Does minimally invasive surgery mean that the patient gets a smaller incision?

Minimally invasive total knee replacement surgery is performed through a smaller surgical incision than traditional techniques.

Most incisions are generally between 10 and 15cm in length. It is important to realise that the surgical incision has no effect on postoperative pain or improved post-operative function. However, as knee replacements are now being performed on younger patients, cosmesis is becoming a consideration in this patient group.

## What benefits can be obtained from MIS total knee replacement surgery?

The greatest benefit to patients undergoing minimally invasive surgical techniques is that quadriceps function returns extremely quickly after surgery. Patients are able to straight leg raise sooner which means they are able to ambulate earlier, which assists in reducing their hospital stay. This benefit continues for up to three months when compared to traditional techniques. Additionally randomised control trials have confirmed a decrease in blood loss, less postoperative pain and in some studies improved tracking of the patellofemoral joint.

## Who is a candidate for MIS total knee replacement surgery?

Not all patients are suitable to undergo a minimally invasive surgical technique. Generally speaking patients who are of lean body mass with appropriate sized knee anatomy are good candidates for this technique. Patients with poor preoperative range of motion, severe deformity or high BMI are usually not suitable for an MIS knee replacement.

## What about the long term outcome?

No long term data exists at this stage to show if these techniques improve survivorship of the knee replacement. The

proposed benefits normalise by 3 months. The most important consideration is that the knee prosthesis is placed in satisfactory anatomical alignment as this gives the greatest chance of long term success of the knee replacement. For patients, the most important determining factor to proceed with MIS surgery is having a surgeon who is skilled in performing this technique.

**Dr Chen and Dr MacDessi have both trained extensively in minimally invasive knee surgery and currently offer this to their patients who are candidates for knee replacement surgery. Should you wish to find out more about this or other topics in the field of knee surgery please feel free to contact Sydney Knee Specialists on 8307 0333.**

## Meet The Kareena Team

### Manager's Profile

**Brenda Seaberg A/DoCS & NUM Day Surgery & Kingsway Ward**



Brenda, born and bred Shire resident, had a fantastic time training at Sydney Hospital then St George Public for Midwifery and finally Royal Prince Alfred Hospital where she gained her Operating Room Certificate. Time was also spent at the United Dental Hospital, A Nanny in ndsLondon and as an Occupational Health Nurse for Westfield Shopping town Constructions. Married to Kevin, from Queensland [No, Not that one!] and children Eleanor and Hugh.

Kareena has been her work place for 17 years [minus 2 years spent living in Kuala Lumpur] where she has made many friends both professionally and personally. During this time she has seen Kareena alter from the old 'Upstairs/Downstairs' building to what it is now and looks forward with great anticipation to the new development.

November 2008 will see Brenda celebrating her 10 year anniversary as Manager of Day Surgery / Kingsway areas. These specialties have seen a huge evolution within this time and in conjunction with the development in anaesthetics, analgesia, surgical procedures, patient perception and education the function of Day Surgery and Short Stay Surgical Units have combined to form a major role within not only Kareena, but the direction of surgical care into the future.

## Kareena Joins with Local GPs at Sutherland to Surf

This year over 31 of our local GPs and their staff and families competed in the Sutherland to Surf event and meet up with 25 Kareena staff and family members for a great BBQ get together at Wanda Beach.



# GP Education @ Kareena

PULSE sessions being held on the following dates at 6.30pm in the Kareena Private Hospital Cafe. For more information contact: Mariela Chisari - ph: 9717 2225 or email: [chisarim@ramsayhealth.com.au](mailto:chisarim@ramsayhealth.com.au)

## 25 August: 'Neonatal and Paediatric Resuscitation'

Presenter: TBA

**Note:** GP's attending are eligible for Category 2 (2 points per hour) QA&CPD in the RACGP 2008-2010 triennium.

GPs wanting to apply for the points will receive a certificate and copy of the program for the night and can then register on line for the points by going to the RACGP website and 'self adjudicate' the activity.

## Future GP education symposium events

### Resuscitation update workshop for General Practitioners

Saturday 6th September 2008

Venue: Kareena Private Hospital

For more information contact Mariela Chisari

Tel 97170225

E mail; [chisarim@ramsayhealth.com.au](mailto:chisarim@ramsayhealth.com.au)

### Orthopaedic Specialty Afternoon

Saturday 8th November

Venue : Kareena Private Hospital

For more information contact Mariela Chisari

Tel 97170225

E mail; [chisarim@ramsayhealth.com.au](mailto:chisarim@ramsayhealth.com.au)

### GP/Community Event

A very successful education evening was held as part of Matson Ward's week of SIDS/Mental Health in June. The evening was attended by GP's, VMO's and Matson staff. The three guest speakers were very informative and a beautiful supper was provided by Ajith and the catering team.

## Hospital Accreditation Review

In early June, two independent reviewers from the Australian Council on Healthcare Standards visited the hospital to perform review of hospital processes, systems and performance against a range of criteria covering patient care, governance and health and safety.

The reviewers recognised that the hospital was very busy and were very complimentary about the significant amount of quality improvement initiatives across the organisation. Mavis Smith, who was a reviewer here back in 2006, commented that she noted a lot of positive changes since the last review.

The reviewers particularly commended the hospital on the excellent work that has been done in the areas of health and safety, and emergency management and awarded the hospital 'Excellent Achievement' ratings in these two areas.

Whilst the final report is expected next month, the hospital received no recommendations and achieved the standard in all areas.

## Diabetes Week Promotion



July 8-14 was a week where Kareena staff were promoting diabetes awareness in the local community. Nurses from Kareena provided free blood glucose checks for patrons of the Sutherland Library, Sutherland leisure centre and the Hospital foyer. Janet



Evans Physiotherapist and Angela Langton Dietician provided free seminars on Exercising and Diabetes and Diet and Diabetes.

### National Stroke Week 15 – 21 September 2008

Kareena will be actively involved in education in the community.