

# The Ramsay Way

Ramsay Health Care Corporate Newsletter



**Ramsay**  
Health Care

## Ramsay announces new investment in Australia's nursing workforce

Ramsay Health Care has celebrated International Nurses Day by announcing it will expand its Ramsay Nursing and Midwifery Academy, adding two brand new programs to support the professional development of hundreds more nurses and midwives in Australia.

Ramsay's Chief Nurse and Clinical Services Director, Dr Bernadette Eather, said Ramsay is launching two new programs as part of the Ramsay Nursing and Midwifery Academy:

- **A Nurse and Midwifery Unit Manager (NUM) Leadership Pathway Program**
- **An Undergraduate Cadetship Program**

"The NUM Leadership Pathway Program will provide professional development, mentorship and leadership training opportunities to our entire Australian cohort of nurse and midwifery unit managers – which totals more than 500 people. These frontline leaders play a critical role in patient care while also serving as people and business managers.

"We have also created the Undergraduate Cadetship Program, which is designed to support enrolled and registered nursing cadets during their undergraduate studies, offering them relevant employment opportunities and a guaranteed graduate interview on completion of their studies."

"Ramsay Health Care nurses are committed to providing excellent health care for their patients, and we're committed to helping them grow their skills and excel in their nursing careers."

The Ramsay Nursing and Midwifery Academy originally launched in 2021 with four foundation programs:

- **Nursing Leaders of Tomorrow Program** – To support nurse unit managers (NUMs) with a formal upskilling course to develop them as leaders and reach their goals of obtaining senior nursing positions. 20 nurse managers were part of the first round of this program, with three participants to date receiving significant promotions as a result.
- **Graduate and Intern Fellowship Program** – A two-year program to train, coach and support new nursing graduates to help them build a career with Ramsay and provide opportunities to specialise in their chosen area of nursing. Across the country, about 550 new graduate nurses started at Ramsay Health Care hospitals in the first graduate intake of 2022, representing a 25 per cent increase on the previous year's intake. It is expected an additional 200 will join Ramsay sites during the second intake in August.
- **DCS Mentorship Program** – To orientate, induct and mentor our newer Directors of Clinical Services (DCSs) who are central to the success of our organisation. Currently 30 future senior leaders are being mentored with more than 50 formal mentorships to be available in the near future.
- **Back to the Bedside Program** – Aimed at removing red tape to allow nurses to spend more time at the bedside with patients. Ramsay will soon roll out new audit software to significantly reduce the workload of bedside audits, giving nurses time back in their shifts to attend to patient needs.

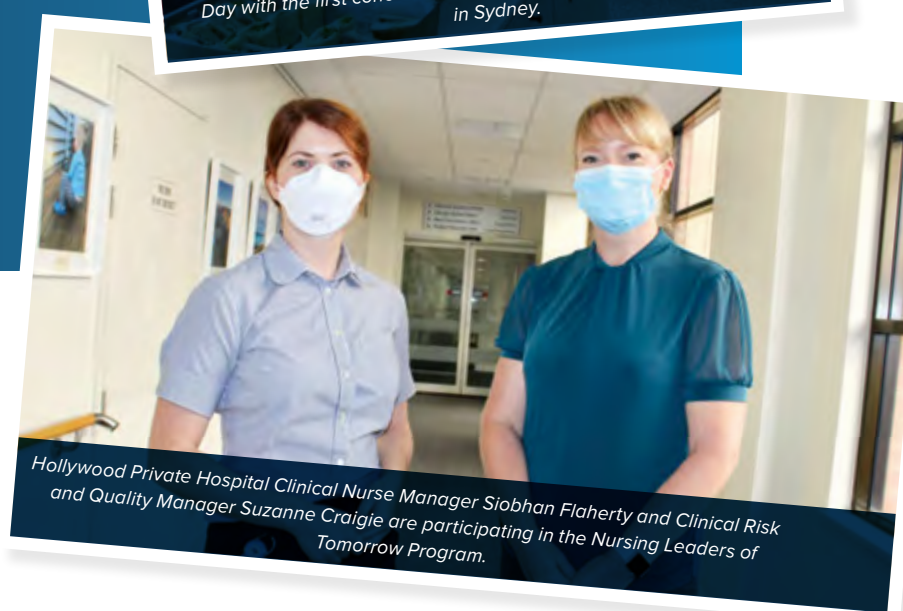
The Ramsay Nursing and Midwifery Academy is proving popular with nurses looking to begin their careers.

Ramsay Health Care Australia CEO, Carmel Monaghan, said shortages in clinical workforces was one of the biggest challenges facing hospitals in Australia and around the world.

"We're lucky to have some of the best nurses in the country and we are committed to prioritising initiatives to grow and strengthen our workforce. We want to help our people develop and build their nursing and midwifery careers with Ramsay."



Chief Nurse Dr Bernadette Eather celebrates International Nurses Day with the first cohort of the Nursing Leaders of Tomorrow Program in Sydney.



Hollywood Private Hospital Clinical Nurse Manager Siobhan Flaherty and Clinical Risk and Quality Manager Suzanne Craigie are participating in the Nursing Leaders of Tomorrow Program.

## Westmead Private Hospital opens new \$40m medical facility

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## Ramsay hospitals phase out desflurane anaesthetic gas to help the planet

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## Ramsay Hospital Research Foundation funds landmark knee pain study

See page 13 to find out more





## MESSAGE FROM THE CEO

Welcome to the second edition of The Ramsay Way Newsletter for 2022. We have faced extraordinary challenges over the past two years and, as a result, strengthening our workforce is one of our key priorities going forward. We want to ensure all our nurses have access to world-class education, skills training and leadership courses to advance their careers with us. That's why we recently announced we are expanding the Ramsay Nursing and Midwifery Academy to offer a total of six nursing-focused programs – catering for directors of clinical services and nurse unit managers right through to cadets and new graduates. I'm pleased to say we have made great progress on these initiatives, including our new graduate program which has seen more than 800 nurses commencing in the past year. We are also launching a new leadership masterclass series this year to help grow the leadership potential of hundreds of our clinical and non-clinical managers right across our organisation.

Ramsay has recently announced the establishment of Australia's first all-female mental health service. The Ramsay Clinic Thirroul based in Wollongong will provide a safe environment for women to deal with trauma-related mental health disorders via specific evidence-based programs. The site is expected to be operational in about three months. This is a very exciting initiative, and we are really looking forward to working with the doctors and clinicians at this clinic to provide this unique and much needed service.

Finally, the Australian community sent a strong message in the recent federal election that climate change is a key issue. The healthcare sector undoubtedly has an important role to play in caring for our planet and, to that end, Ramsay Health Care is pleased to be rolling out a range of meaningful environmental initiatives. We are installing solar panels at our hospitals, reducing single use plastic items by 50 million this year and creating greener operating theatres by reducing the use of a high carbon cost anaesthetic gas. We are committed to playing a leading role in substantially reducing our own significant use of resources to ensure a healthier planet for the generations to come.

Warm regards,

**Carmel Monaghan**  
Chief Executive Officer, Ramsay Health Care Australia

## NURSING NEWS



### Ramsay's Sunshine Coast hospitals welcome record number of new nursing graduates

**Ramsay Health Care hospitals on the Sunshine Coast have welcomed a record intake of 30 nursing graduates, as the industry works to recover from staffing shortages exacerbated by the COVID-19 pandemic.**

The introduction of 30 graduate Registered Nurses (RNs) is a 130 per cent increase on the intake at the same time last year.

Noosa Hospital is now home to 14 new RNs, up from just four in 2021, while Nambour Selangor Private Hospital has seven new graduates, also up from four last year.

Sunshine Coast University Private Hospital has nine new RNs (up from five in 2021) and for the first time they'll all be working in operating theatres.

CEO Justin Greenwell says the new graduates will receive plenty of support as they begin their new roles.

"Like many industries, workforce shortages have been a significant challenge over the past two years, so it's wonderful to welcome so many new members to our nursing team," Mr Greenwell said.

"To ensure they feel supported, Ramsay Health Care has introduced a buddy system so there is someone to regularly check in on the new grads' wellbeing and progress. We've also increased the educational support available to them.

"Ramsay Health Care has also invested in our nurse leaders with a new leadership program focused on creating exciting career pathways for them."

Among the new graduates is an RN who has been working at Noosa Hospital for five years.

Emma Perry began her career as a Catering Assistant at the hospital in 2017 and was inspired to join the team of nurses helping Sunshine Coast residents.

"I had always been interested in caring for others however I never knew that I wanted to become a nurse until I started at Noosa Hospital," Ms Perry said.

"I love that every single day I look forward to going to work, each day is different and a challenge in one way or another.

*"If you're considering becoming a nurse it'll be the best life decision you make."*

Across the nation Ramsay Health Care welcomed a record 539 new graduates in February, a 25 per cent increase on the 2021 intake. ■■

## Ramsay nursing leaders reconnect, reflect and refocus

The directors of clinical services (DCSs) from all Ramsay hospitals in Australia gathered in Brisbane in March 2022 for the inaugural Ramsay Nursing Leadership Forum.



The conference, which was aptly titled "Reconnect, Reflect and Refocus", was a chance for the nursing leadership cohort to all meet face-to-face for the first time since 2019.

Ramsay Health Care Australia CEO, Carmel Monaghan, said: "Our nurse leaders have shown amazing leadership and resilience during the last two years and this conference was a great time to acknowledge this group for all they have done."

At the same time, the first cohort of Ramsay's new Nursing Leaders of Tomorrow program also met in Brisbane.

Nursing Leaders of Tomorrow is a 12-month program which started in July 2021, designed for Ramsay's nurses and midwives.

The program provides opportunities for nurses and midwives to develop their nursing leadership and management skills, allowing them to become excellent future leaders in the business. ■■



# Westmead Private Hospital opens new \$40m medical facility



Western Sydney residents can now benefit from improved medical facilities and services with the official opening of a \$40 million facility at Westmead Private Hospital

The state-of-the-art facility features two operating theatres, 13 consulting suites, 20 additional beds and the upgrade of two cardiac catheter laboratories.

The development represents the completion of stage three of a major expansion at Westmead Private Hospital.

Chief Executive Officer Mike Flatley said the project was an important piece of health infrastructure in Australia’s most significant health and education precinct.

“The opening of this new facility is an exciting milestone for the hospital, medical specialists, patients and the wider community,” Mr Flatley said.

“We are thrilled to be able to provide the latest equipment and technology for our doctors and medical specialists.

“Most importantly, we will be able to provide better facilities for our patients.”

With 13 new consulting suites, there will be more specialists on site, meaning patients won’t need to travel to multiple health precincts when planning their medical treatment.

“Patients will benefit from expanded services all in one convenient location,” Mr Flatley said.

“We know our patients want to be as comfortable as possible when recovering from surgery and our extra 20 beds are in single, private rooms to give patients the best possible experience in health care.

“These extra beds also allow us to broaden our scope of work at Westmead Private Hospital and increase theatre time.”

Mr Flatley said Westmead Private Hospital had an important role to play in working for and supporting the local community.

Stage three of the expansion is part of an investment by Ramsay Health Care to ensure Westmead Private Hospital helps meet the demands for health care services in Western Sydney today and well into the future.

Stage two of Westmead Private Hospital’s redevelopment featured the \$25 million maternity wing upgrade and additional surgical beds. Planning for stage four is now underway.

Ramsay Health Care Chief Operations Officer – Hospitals, Greg Hall said the redevelopment of Westmead Private Hospital is further evidence of the company supporting Western Sydney, by investing in the community.

“Not only will patients and medical professionals benefit from the project, there are also opportunities for employment, education, research and training,” Mr Hall said.

“This massive expansion of infrastructure and services at the hospital reinforces the Westmead precinct as a centre of excellence in health services and medical research.” ■■

## Mt Wilga Private Hospital wins national award for lymphoedema rehabilitation program

Mt Wilga Private Hospital has taken out the prestigious Clinical Excellence category at the 2022 Australian Private Hospitals Association (APHA) Awards for Excellence, for its lymphoedema rehabilitation program.

The Clinical Excellence category winner is chosen based on the quality of care and patient outcomes of the nominated program.

Mt Wilga Private Hospital’s lymphoedema rehabilitation program was established in 1992 and since then has continually evolved to offer shorter hospital stays and better management of patients suffering from the chronic condition.

Mt Wilga Private Hospital CEO, Lorrie Mohsen, said she is proud the hard work and innovation of the program team has been recognised.

“We have spent the past three years evolving the model of care for our lymphoedema service into a more comprehensive multidisciplinary approach,” Ms Mohsen said.

“A lymphoedema patient was traditionally managed by their lymphoedema clinician and rehabilitation consultant,

but our focus is now on offering a treatment pathway that is more responsive, tailored and draws on a vast array of allied health and medical expertise.”

“This helps us to deliver the greatest possible care for our patients in line with international best practice standards.

“I’m pleased to see the hard work of everyone involved be recognised in this award.”

Australia Private Hospitals Association (APHA) CEO, Michael Roff, said the awards recognise the impressive work being done in the private hospital sector and noted the high standard of all entries in this years’ awards.

“Australia’s private hospitals have a long tradition of innovation and providing high quality health care to their patients,” Mr Roff said.

“These efforts are particularly noteworthy given COVID pressures that include surgery restrictions, staff



shortages, increasing cost pressures and helping public hospitals and aged care with the pandemic response.”

Mt Wilga Private Hospital’s lymphoedema rehabilitation program was described by judges as “a multidisciplinary team approach to lymphoedema care that has resulted in reduced requirement for treatment sessions, increased skills across the nursing and exercise physiologist teams and increased communication with patients resulting in the service better meeting their care goals.”

Lymphoedema is characterised by swelling due to a blockage in the lymphatic system. This can occur in a single lymph, multi-limbs or even whole body, which can cause significant morbidity and loss of function for those affected by the condition. ■■





# Patients to benefit from major \$40.5m expansion of St Andrew’s Ipswich Private Hospital

St Andrew’s Ipswich Private Hospital has unveiled the first completed stage of its \$40.5 million upgrade: a new, 32 bed surgical ward.

St Andrew’s Ipswich Private Hospital CEO, Claire Thurwood, said she was excited to see the first step in the mega expansion open, allowing more patients to receive care close to home. “Ipswich, located west of Brisbane, is one of the fastest growing regions in Australia so it’s wonderful to see Ramsay Health Care investing in the region and offering additional beds for Ipswich residents requiring surgery,” Ms Thurwood said. “The new McGregor Ward will cater for all surgical cases and support the two new operating theatres currently under development.”

The McGregor Ward is named after recently retired, longstanding paediatrician Dr Bob McGregor.

Dr McGregor was Ipswich’s first paediatrician, helping generations of local families since 1974. In 2014 he was named as Queensland’s Senior Australian of the Year.

“Dr McGregor is a well-respected member of the Ipswich community and played an important role at St Andrew’s Ipswich Private Hospital for a very long time,” Ms Thurwood said.

“The ward named in his honour will allow an additional 32 Ipswich locals to receive care in the region at any time, increasing to 39 upon completion of the expansion.”

Ms Thurwood said the expansion is due for completion in June 2023.

“As well as expanding our private health care offerings, this project allows us to broaden our renal dialysis unit for public patients, which means we can further support the West Moreton Health Service by almost doubling the number of patients treated for kidney disease.”

- Details of the full \$40.5 million project include:
- Expanded Renal Dialysis Unit from 12 to 20 chairs,
  - Two new operating theatres,
  - Expanded infusion services from eight to 12 chairs,
  - An additional 39 patient beds (including the 32 recently opened in The McGregor Ward),
  - Additional of a new radiation oncology service,
  - Expanded radiology practice for IMED radiology, and
  - Expanded Day Rehabilitation space.

## Construction of new mental health unit on track at Joondalup Health Campus

Ramsay Health Care Australia CEO Carmel Monaghan visited Joondalup Health Campus (JHC) in April 2022 to see the latest progress on the \$256.7million expansion of the hospital.

Among the external locations visited were the mental health unit construction site at the back of the campus and the multi-storey public car park at the front, which is set to add approximately 500 new bays when it opens in September 2022.

Contemporary, warm and recovery focused in design, and incorporating the best of nature, the new mental health unit will be comprised of 30 additional beds, 47

replacement beds and 25 shelled beds to meet future demand.

More than quadrupling in size, the internal floor space of the unit is set to grow from just under 3,000m2 to almost 13,000m2, and that doesn’t include the external courtyards being built on each ward to enable patients to connect with nature.

The current JHC redevelopment will also see the



establishment of a new 112-bed public ward block, a new theatre, a new cardiac catheter laboratory, a refurbished discharge lounge and upgraded staff facilities.

Late last year, the first stage of the redevelopment - an expansion of the ED - was completed.



# Greenslopes Private Hospital celebrates 80th birthday with \$72m expansion

Queensland’s largest private hospital has celebrated its 80th birthday by unveiling a \$72 million expansion to cater for increasing patient demand.

The new addition to Greenslopes Private Hospital includes a redeveloped three-storey infill building offering new rooms for day surgery procedures, additional operating theatres and an expanded Intensive Care Unit (ICU). A newly constructed two-storey building provides an additional 64 private en-suite rooms over two levels, while the existing emergency department has been refurbished to include an additional seven beds and afford patients more space and privacy.

Greenslopes Private Hospital CEO, Chris Went, said the expansion and re-development ensures the hospital can continue to deliver the best possible health care treatments and outcomes for patients.

“With this expansion we now have 22 operating theatres including a hybrid theatre equipped with medical imaging equipment, enabling both open and minimally invasive procedures,” Ms Went said.

“There is currently a high demand for inpatient beds, and with both the expansion of the emergency department and the additional operating theatres, the 64 new beds will allow us to service this increased capacity.”

Ms Went said the hospital has played a key role in supporting the community for the past eight decades.

“Greenslopes Private Hospital employs around 2,500 staff and has approximately 91,500 patient admissions each year,” Ms Went said.

“We contribute almost \$200 million in economic contributions to our local economy each year.”

Greenslopes Private Hospital opened as a military hospital in March 1942 to treat servicemen and women returning from World War Two.

“We began as a military hospital and still have strong ties to the veteran community today. We have our wonderful Diggers Dozen, who since 1990 have dedicated so much time to volunteering to help our patients and our community,” Ms Went said.



“The Gallipoli Medical Research Foundation (GMRF) is also based at Greenslopes Private Hospital. Greenslopes Private provides in-kind support allowing them to invest every cent donated to them into supporting current and ex-serving Australia Defence Force personnel, their families and the Australian community through medical research.”

As well as a commitment to research, Greenslopes Private is also a world-renowned tertiary medical facility with a clinical school on campus. The Greenslopes University of Queensland Medical School is integrated into the heart of hospital facilities with an emphasis on both undergraduate and postgraduate training of the future medical, nursing and allied health workforce.

“Greenslopes Private Hospital is Australia’s largest private teaching hospital and has been training the next generation of healthcare workers since 1970,” Ms Went said.

“While we don’t receive the same government grants as public hospitals to undertake this teaching, we feel it’s an important service we can offer our community and helps prepare us for generations to come.”

Greenslopes Private Hospital offers 694 inpatient beds, 32 speciality units, and a 24-hour Pharmacy and emergency department. ■■



## Former Prime Minister Scott Morrison visits Kareena Private Hospital to tour integrated women’s health service

Former Prime Minister Scott Morrison and his wife Jenny met with Ramsay doctors and staff on 25 February 2022 at Kareena Private Hospital, which is located in Mr Morrison’s local electorate in Sydney.



Mr Morrison was given a private tour of Kareena Private Hospital’s newly expanded women’s health service.

In 2022, the hospital is welcoming the addition of a state-of-the-art IVF clinic through City Fertility and a new perinatal mental health service for expectant and new parents through Gidget Foundation Australia.

Kareena Private Hospital CEO Mathi Sakthivel said: “We are excited to be significantly expanding our health service offering to women and their partners who are planning to start or grow their families.”

The arrival of these two services will enable women to experience a smooth journey from conception through to delivery and post-natal care in the one location.

These additions come as Kareena Private Hospital celebrates its 30th anniversary of providing high-quality, personalised maternity services to women in the Sutherland Shire community and surrounding area.

“We were also pleased to welcome the former Prime Minister to our facility to share more about our experience during the pandemic,” Mr Sakthivel said.

Mr Morrison said he was appreciative of the support provided by the private hospital sector during Covid and also acknowledged the challenges created by elective surgery restrictions and workforce shortages. ■■





# Ramsay Connect Cancer Care: A pilot program to support cancer survivors

Ramsay Connect has undertaken a cancer care pilot to fill the post treatment ‘void’ described by patients.

Ramsay Connect Cancer Care (RCCC) was designed to provide those with higher risk or unmet needs ongoing connection and support through a telehealth coach.

Previous research by Ramsay discovered a gap in the cancer care journey of patients, known as a post-treatment ‘void’.

Patients described this as feeling isolated after leaving the regimented routine and social environment of the cancer centre, with some stating that being given a pamphlet on how to deal with life post cancer felt deflating.

This void resulted from the unmet social and care needs of patients transitioning out of the active hospital care environment to post-cancer life at home.

Some of these unmet needs included:

- ✗ **Lost interactions with nurses**
- ✗ **Removal of 'security blanket'**
- ✗ **Fear of recurrence**
- ✗ **Navigating a 'new normal'**
- ✗ **Self-management** of symptoms, side effects and triggers
- ✗ **Maintaining healthy lifestyle behaviours**
- ✗ **Daily reminders of cancer** – physical, emotional, etc

The RCCC pilot program includes initiatives and support for self-management and wellness of patients following cancer treatment, including:

- **Co-ordination support** to address co-morbidities, management of side effects and symptoms
- **Health coaching** to manage risk factors and lifestyle modification and minimise the risk of recurrence or new disease
- **Cognitive behavioural therapy** for people with low levels of anxiety and depression due to cancer diagnosis.

The pilot used a mixed methods approach to answer three core questions:

1. **Was the program implementable** (including both acceptability and feasibility metrics)?
2. **Was the program desirable** (including clinical and qualitative program outcomes)?
3. **Was the program viable?**

49 patients were referred to the program via the following three Ramsay sites from October 2020:

- **Lake Macquarie hospital** (New South Wales) – Cancer Care Navigator
- **John Flynn hospital** (Queensland) – Cancer Care Navigator
- **Wollongong hospital** (New South Wales) – Nurse Unit Manager

Importantly, **the program findings were positive:**

- ✓ **A high uptake** (88 per cent of those referred) **and a low dropout rate** (about 10 per cent).
- ✓ **Improved patient activation measures** (about 46 per cent).
- ✓ **Improvement in risk modification** with exercise and nutritional coaching.
- ✓ **The timing of the referral** was an important consideration and the role of the cancer care navigator was **pivotal in early identification, risk assessment and survivorship planning**.
- ✓ **Education of specialist cancer staff and health coaches** could be improved to support implementation and scale-up of the program.
- ✓ **Coaches played an important role** in general psychosocial support.

The pilot project will inform future developments in Ramsay’s cancer care initiatives. ■■

## Ramsay Connect Liaison Nurse role established to help patients transition home following surgery

Peninsula Private Hospital patients returning home following hospital admission now have added support, thanks to the appointment of experienced Registered Nurse, Michelle McCormick, as the first Ramsay Connect Liaison Nurse.

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Ramsay Connect CEO, Ian Galvin, said the role is designed to work closely with clinical leadership, nursing, allied health and medical staff with the aim of strengthening the integration of hospital and community care for Ramsay patients.

“We understand healthcare extends beyond the hospital and have appointed our first Ramsay Connect Liaison Nurse to work with patients, doctors and clinicians across multiple settings to enhance the transition home,” Mr Galvin said.

“The first days and weeks following a hospital stay can be difficult, and we hope Ms McCormick can provide some additional comfort and support to patients to optimise their recovery.”

Ramsay Connect is a joint venture between Ramsay Health Care and Remedy Healthcare and is a national provider of home and community-based healthcare and support.

Since launching in 2020, Ramsay Connect has provided care in the home support for 4,350 people around Australia.

Ms McCormick will be known to many Frankston locals and Peninsula Private Hospital patients, having held many roles over the years including Registered Nurse, Assistant Nurse Unit Manager and Clinical Documentation Specialist.

Mr Galvin said it was this knowledge of the hospital and surrounding community that made Michelle the ideal candidate for the role. ■■





# Renowned Ramsay psychiatrist appointed to new mental health role in Victoria

Ramsay Health Care psychiatrist, Professor Malcolm Hopwood, has been appointed as the chair of one of Victoria’s Mental Health and Wellbeing Interim Regional Bodies, established in response to a key recommendation from the Royal Commission into Victoria’s Mental Health System.



Professor Hopwood, of Ramsay Clinic Albert Road, will Chair the North East Metropolitan Region and provide advice on critical mental health and wellbeing priorities to the Victorian Government.

Professor Hopwood said he was looking forward to the challenge.

“I feel very honoured to be chosen for the role and am fully committed to helping the reform of Victoria’s mental health system,” Professor Hopwood said.

“I understand the challenges involved, the expectations of the public, following the Royal Commission, are very high. But I’m optimistic we can return Victoria to be the leader in public mental health services.”

Professor Hopwood said he would work with community members and organisations to get them the mental health services they want and need.

“The first thing we need to do is take a really good snapshot of what are the issues for the communities in this part of Melbourne about their mental health care, what do they feel

is not working for them, and what do they feel is working well,” he said.

“I do believe with the financial commitments of the Victorian Government, we will be able to make significant improvements in enabling public mental health services to be more responsive to their immediate communities and to create a great mental health system for the future.”

Victorian Minister for Mental Health, James Merlino, said the Chairs were chosen to guide the Labor Government on the unique needs of their local communities.

“Our new Mental Health and Wellbeing Interim Regional Bodies will help guide us as we continue to reform the mental health and wellbeing system from the ground up, ensuring it is more responsive, accessible and safe,” Mr Merlino said.

“It’s critical we have local voices and people with lived experience to help shape the future of our mental health and wellbeing services and tailor them to the specific needs of local communities across Victoria.” ■■

# New Ramsay Psychology service launches in Brisbane as mental health demand grows

A new Ramsay Psychology clinic has opened in Brisbane to help meet the growing demand for mental health services in the region.

One in five Australians experience a common mental health disorder each year, however it is well-documented that the COVID-19 pandemic has exacerbated the prevalence of these conditions.

Registered Psychologist Alison Thwaites said the new Ramsay Psychology outpatient service in Brisbane’s inner city suburb of Fortitude Valley would deliver much-needed mental health services in a community setting, rather than via a traditional hospital setting.

“This is the first Ramsay Psychology practice to open in Queensland, with more sites due to be launched in other South East Queensland locations, to help meet the growing demand for community-based mental health services,” Ms Thwaites said.

“Our team of psychologists will provide personalised care for adults, teenagers, children, couples and families across a wide range of mental health conditions and symptoms - from anxiety and depression to relationship problems, or coping with significant change and stress due to the pandemic.

“We understand that mental health, and mental health challenges, look different for everyone. That’s why our psychologists are experienced in a wide range of evidence-based therapies and we have a triage service to carefully match patients with the best psychologist for their needs.”

Ramsay Health Care’s Director of Mental Health Strategy, David McGrath, said the service has been created in response to the increased need for access to non-acute mental health services within the community.

“While we still offer psychology services in our hospitals, many people who need to see a clinician don’t need to be hospitalised so this is a more appropriate option for them,” Mr McGrath said.

“For many people a few sessions in a community-based environment is all that they need to see a significant improvement in their life experience.

“Ramsay Psychology Fortitude Valley will also be a good service for those who previously required hospital treatment and want to do follow-up sessions in a community setting once they have been discharged.

“We also offer telehealth options for patients in more regional areas or those who can’t get to the clinic.

“Patients can access the service without a referral or with a Mental Health Care Plan from their GP. Ramsay Psychology sees patients who are covered by private health insurance and those who are self-funded.”

**Ramsay Psychology Fortitude Valley opened on 31 March. To make an appointment call 1300 171 715 or for more information visit [www.ramsaymentalhealth.com.au](http://www.ramsaymentalhealth.com.au).** ■■



# First psychiatrists graduate from Ramsay’s Eating Disorders Training Program

Ramsay Mental Health has celebrated the graduation of Dr Greta Hug and Dr Paran Nadeswaran from its Eating Disorders Training Program for psychiatrists.



Under the medical direction of Associate Professor Sloane Madden, the 12-month advanced program provides training in the medical and psychiatric management of eating disorders.

Structured around regular clinical supervision sessions and supplemented by a digital lecture series, the program is suited for new fellows and experienced psychiatrists new to the specialty of Eating Disorders.

The second cohort is due to graduate in November 2022, with the third cohort commencing in April 2023.

Anne Mortimer, Director of Ramsay Mental Health, said: “Recognising the need for a structured and supportive Eating Disorder training program for new fellows or psychiatrists with an interest in the field of Eating Disorders led to the launch of this innovative new, on-the-job training program.”

“There is a high demand for quality eating disorder services and psychiatrists, and we knew we needed to proactively assist with the recruitment, training and ongoing support of new and experienced visiting medical officers interested in this specialty area to ensure ongoing timely access to care and treatment for our patients.”

Program Medical Director Associate Professor Sloane Madden said: “Eating disorders is a highly specialised but very rewarding field of psychiatry that has traditionally been difficult to recruit psychiatrists to.”

“The current training program has generated a surge of interests from psychiatrists at different stages in their career looking to build their expertise and confidence in managing this patient group.”

“Supervision and training have allowed new psychiatrists to rapidly develop competence and confidence, improved access to high quality evidence-based care for patients and led to a culture of collegiality and regular peer review amongst all staff in the eating disorder service.”

“The changes and enthusiasm that the program has yielded have exceeded my expectations and hopefully will serve as basis for future recruitment to our specialised eating disorders services.” ■■



# New solar panels and efficient lighting “take cars off the road” at Ramsay’s Gold Coast hospitals

Pindara and John Flynn Private Hospitals have taken practical steps to protect the future of the planet, unveiling new solar panel systems as part of Ramsay Health Care’s commitment to reducing its environmental footprint.

Pindara Private Hospital’s new 184 kilowatt (kW) system will save more than 4,208 tonnes of carbon emissions over its lifespan, while John Flynn’s 99kW unit will save an additional 2,281 tonnes.

Pindara Private Hospital CEO, Mark Page, said the units were the equivalent of taking 107 cars off the road.

“Installing solar panels is great for the environment and creating more sustainable hospitals for the future,” Mr Page said.

“The Gold Coast is, in my opinion, one of the most beautiful places in the world and I’m proud we’re doing our part to help protect it for generations to come.”

John Flynn Private Hospital CEO, Adam Stevenson, said he was excited to be taking practical steps to protect the planet.

“I’m excited to be moving forward with our commitment to addressing climate change through meaningful sustainability initiatives,” Mr Stevenson said.

Pindara and John Flynn Private Hospitals are the ninth and tenth Ramsay Health Care sites in Australia to have solar panels installed under a national initiative, as part of its sustainability strategy which focuses on creating stronger communities, healthier people and a thriving planet.

The solar installations follow the announcement both hospitals will soon make the switch to energy efficient LED lighting.

Between the two sites, almost 4,600 lights will be upgraded saving more than 1,000 tonnes of carbon emissions each year.

Other environmental initiatives from Pindara and John Flynn Private Hospitals include PVC and aluminum anesthetic cannister recycling programs which have to date seen more than 3,600kgs of PVC and more than 155kgs of aluminum recycled.



## New solar power system to make Hillcrest Rockhampton Private Hospital greener



Hillcrest Rockhampton Private Hospital has unveiled a new solar panel system set to make the Central Queensland hospital more sustainable.

The 275 kilowatt (kW) system will save more than 6,360 tonnes of carbon emissions over its lifespan.

Hillcrest Rockhampton Private Hospital CEO, Fiona Hebbard, said the new system is the equivalent of taking 115 cars off the road.

“Installing solar panels is great for the environment and creating a more sustainable hospital for the future,” Ms Hebbard said.

“We live in the Sunshine State so it makes sense to use our natural resources to assist in powering our hospital.

“As planned, the installation was seamless, our patients likely would not have even noticed the work going on above them.”

Hillcrest Rockhampton was the sixth Ramsay Health Care site to have solar panels installed as part of the Ramsay Cares sustainability strategy which focuses on creating stronger communities, healthier people and a thriving planet.

Ramsay Health Care is committed to reducing its environmental footprint and addressing climate change head on through meaningful sustainability initiatives.

The solar installation follows Hillcrest Rockhampton Private Hospital’s decision to reduce plastic water bottles and replace single use plastic items, such as disposable cutlery, with recyclable alternatives.

Since June 2020, this has kept more than 123,000 single use plastic items out of landfill. The hospital also recycles items including batteries, printer cartridges and cardboard.

Hillcrest Rockhampton Private Hospital has several more sustainability initiatives planned for 2022, including an upgrade to energy efficient LED lights to further reduce its carbon footprint.

Upgrading more than 600 lights to an LED alternative will save more than 110 additional tonnes of carbon emissions per year.







# Ramsay hospitals phase out desflurane anaesthetic gas to help the planet

Sixteen Ramsay hospitals in Australia are examining how to create ‘greener operating theatres’ by using a more environmentally friendly anaesthetic gas.

Ramsay staff and anaesthetists are phasing out the use of an anaesthetic gas called desflurane. Instead, they are using sevoflurane when preparing patients for surgery, because it has a much lower carbon cost.

Hollywood Private Hospital anaesthetist Chris Mitchell said some anaesthetic agents, such as desflurane, are environmental pollutants.

One canister of desflurane (240ml) is equivalent to 893kg of carbon dioxide.

“Desflurane has global warming potential, due to its ability to retain heat and its longevity in the Earth’s atmosphere,” Dr Mitchell said.

Dr Mitchell said fortunately there are some excellent alternatives to desflurane.

“Sevoflurane is 50 to 60 times less harmful to the environment than desflurane.

Dr Mitchell and anaesthetist Dr Laura Wisniewski have written an article called ‘Ditching desflurane – four steps to success’, which was published in the Australian and New Zealand College of Anaesthetists’ Autumn Bulletin.

Dr Mitchell said he hoped to raise awareness and educate doctors across Australia about the benefits of ditching desflurane.

- ✓ **Three Ramsay hospitals have already effectively removed desflurane from their operating theatres:** Peel Health Campus, Nowra Private Hospital and Shepparton Private Hospital.
- ✓ **Three Ramsay hospitals are in the process of removing desflurane:** Hollywood Private Hospital, Joondalup Health Campus and North West Private Hospital.
- ✓ **10 Ramsay hospitals have recently commenced trials to reduce desflurane usage:** Dudley Private Hospital, Frances Perry House, Greenslopes Private Hospital, John Flynn Private Hospital, Kareena Private Hospital, Masada Private Hospital, Pindara Private Hospital, St Andrew’s Ipswich Private Hospital, St George Private Hospital and The Avenue Hospital.

Registered Nurse, Katie Foy, has been the driving force behind the change at North West Private Hospital.

“Research has found more than seven percent of National Carbon emissions arise from Australia’s healthcare system, with a large portion of these statistics due to Anaesthesia, theatre waste and volatile gases,” Ms Foy said.

“Many of these practices can’t be omitted from the perioperative department but the modification to more environmentally sustainable daily practices, can be implemented.”

Ramsay Health Care National Environment Manager Sue Panuccio said Caring for Our Planet is one of three pillars of Ramsay Health Care’s sustainability program.

“We acknowledge that climate change is a critical issue, so we are focused on minimising our greenhouse emissions,” Ms Panuccio said.

“It is part of Ramsay Health Care’s commitment to making a meaningful, positive difference for current and future generations.”



Kristen Cheales and Katie Foy from North West Private Hospital.



Hollywood Private Hospital anaesthetist Chris Mitchell with anaesthetic gas vaporisers containing Desflurane, which have been removed from anaesthetic machines.



## Ramsay supports flood-affected staff and communities with \$182,000 donation



Ramsay Health Care has donated \$182,000 to help people displaced by the extreme rain and flooding that hit south-east Queensland and New South Wales.

This amount includes grants totalling \$132,000 for Ramsay staff who were severely impacted by the natural disaster.

Ramsay Health Care Australia CEO, Carmel Monaghan, said the company developed a staff-specific Flood Hardship Assistance Grant to help cover employees’ costs such as emergency accommodation, food and essential items.

“It was heartbreaking to learn of some of the stories of our staff who suffered significant losses during the floods, escaping with only the clothes on their back and

some precious belongings,” Ms Monaghan said.

“We hope this will go some way towards assisting our people during this difficult time.”

In addition to providing \$132,000 in grants for staff, Ramsay Health Care also donated \$50,000 to the Australian Red Cross to help communities to recover and rebuild from the flood crisis.

“Our company philosophy is *people caring for people* and it is important to me that we provide support to the communities that we are a part of,” Ms Monaghan said.

While the severe weather event was unfolding, Ramsay Health Care also provided special emergency leave to health workers who were isolated by floodwaters and therefore could not work.

“As health care workers, our staff are always helping others, so we wanted to make sure they were cared for themselves during a time of need,” Ms Monaghan said.

Ramsay Health Care also provides a free Employee Assistance Program for staff who want to access professional and confidential counselling, coaching and support.



## Awards for Ramsay's sustainability approach

Ramsay Health Care's approach to sustainability has received a strong vote of confidence from the banking and capital markets industry.

Ramsay Health Care's approach to sustainability has received a strong vote of confidence from the banking and capital markets industry.

The company's landmark A\$1.5 billion sustainability-linked loan (SLL) has recently won two significant awards – 'Sustainable Deal of the Year' from the Asia Pacific Loan Market Association and 'ESG Loan of the Year' from the highly-regarded International Financing Review (IFR) Asia magazine.

Ramsay Health Care's Group Chief Financial Officer Martyn Roberts welcomed the recognition and said the sustainability-linked loan was designed to drive change across the business.

"Sustainable financing helps us make a meaningful difference through our global healthcare business," Mr Roberts said.

**"The loan is tied to achieving important targets for Ramsay's three pillars of sustainability: caring for our people, caring for the planet caring for our communities."**



At the time of completion, Ramsay's sustainability-linked loan was the first of its kind issued by an Australian health care company and the largest corporate syndicated SLL in Asia Pacific.

"This wasn't a cookie-cutter financing arrangement," Mr Roberts explained.

"We tailored the sustainability targets within the loan to suit Ramsay's purpose of 'people caring for people'.

"Our targets include boosting mental health support for employees and implementing more renewable energy projects in our hospitals, as well as reducing waste and greenhouse gas emissions." ■■



Psychs on Bikes, sponsored by Ramsay Health Care, is a group of motorcycle-riding mental health professionals who travel the country each year helping people in rural and remote Australian communities to access mental health services.

Psychs on Bikes founder and Medical Superintendent of Ramsay Clinic Cremorne, Dr Joe Dunn, said the group has collectively ridden about 60,000 kilometres around Australia since its first ride in 2011.

"Psychs on Bikes uses motorbikes as a conversation starter with Australians who might otherwise not engage in a

discussion about their mental health," Dr Dunn said.

"We visit rural and regional Australian communities and offer physical and mental health checks for men and women, educational talks, school visits, keynote presentations and whatever else the specific community needs.

"Our main focus is on the high suicide rate in the bush. What I'm hoping is that locals who attend the health checks, particularly men, can desensitise themselves to the experience of talking with a professional. We try to provide an environment that encourages introspection and feels safe for them to express emotions.

## Psychs on Bikes wins community achievement award



Psychs on Bikes has been recognised for its commitment to improving the mental health of rural and regional Australians, taking out the prestigious 'Awards Australia Connecting Communities Award' at the 2021 Community Achievement Awards for Regional NSW and the ACT.

"I'm immensely proud of what Psychs on Bikes has achieved over the past decade."

Since 2011, Psychs on Bikes has delivered more than 1,000 one-on-one health checks in rural and remote communities.

Ramsay Health Care is proud to have been the foundation sponsor for Psychs on Bikes and has continued to support this invaluable organisation for more than a decade.

Any Ramsay mental health professionals who would like to join Psychs on Bikes for a social or organised ride, please complete the membership form online: <https://www.psychsonbikes.com/membership-1> ■■





# Ramsay Health Care Australia donates medical equipment to disadvantaged communities from Afghanistan to Pacific Islands



Ill and injured patients in developing nations and rural Australia continue to benefit from vital, donated medical supplies and equipment, despite COVID-19 related restrictions on international travel and freight.

Ramsay Health Care Australia, in a joint venture with Berrima District Rotary, are working together to donate and deliver essential supplies no longer needed at Ramsay hospitals. Since late 2020, Ramsay Health Care has donated equipment and supplies including 70 ECG machines, 58 beds, 720 robes and hundreds of leftover clinical trial supplies including drug screening tubes, blue slides for blood smears, sterile droppers and specimen bags. Ramsay Health Care Australia CEO, Carmel Monaghan, said these supplies and equipment would help patients across the globe. “The global pandemic has put pressure on health care systems around the world,” Ms Monaghan said.

“We know many smaller nations and rural Australian communities are suffering, so we’re proud to be able to help with vital equipment and supplies.”

“The donated equipment has come from Ramsay Health Care hospitals across Queensland, New South Wales and Victoria. While no longer needed by our hospitals, this equipment still has value for many health care facilities.

“The ECG machines, for example, have been replaced with updated models at our hospitals, but they remain in working order and still have the ability to save lives.”

ECG machines are being sent to Afghanistan, the Solomon Islands, Papua New Guinea, Fiji and Alice Springs and Galiwinku in the Northern Territory. Beds will be sent to The Philippines, Timor Leste, Sri Lanka and Lebanon.

Ms Monaghan said a bonus of the initiative was reducing waste.

“Ramsay Health Care has a sustainability strategy which focuses on creating stronger communities, healthier people and a thriving planet,” she said.

“I’m pleased to see these supplies and equipment helping people instead of sitting unused or end-ing up in landfill.”

Ramsay’s donations are distributed internationally by Medical Aid for Oceania (MAfO). MAfO Project Manager, John Macpherson, said he appreciates Ramsay’s donations and its annual contribution of \$10,000 towards freight and other costs.

“The project continues to benefit enormously from the diverse range of equipment offered by Ramsay Health Care facilities,” Mr Macpherson said.

# New waste management initiative at Joondalup Health Campus helps environment

Four large barometers have been installed at Joondalup Health Campus (JHC) in the staff alfresco dining area, theatres and corridor to raise awareness of waste management and spur staff on to reach the hospital’s goal of diverting 50 per cent of waste from landfill.

Ramsay Health Care Australia CEO Carmel Monaghan was at JHC as the barometers reached a new level - 36 per cent of waste from 30 different waste streams is now being diverted from landfill.

This impressive effort is the result of hard work by many people around the hospital, including waste management staff, the waste management committee, hygiene, theatre and ward staff.

JHC Waste Management Coordinator, Jodie Mallia, said the aim was to motivate staff to come up with ways to reduce, reuse or recycle waste to avoid landfill.

“By putting these supersized barometers in high traffic areas, we are hoping staff will get on board with the project, monitor our success and celebrate wins,” Jodie said.

The hospital is recruiting green teams to find other ways to help reduce the hospital’s carbon footprint and drive the Ramsay Cares strategy, which aims to foster healthier people, stronger communities and a thriving planet.





## Albury Wodonga Private Hospital welcomes the border region's first surgical robot

Albury Wodonga Private Hospital has bought state-of-the-art robotic technology to the border region for the first time, unveiling a new Robotic Surgical Assistant (ROSA).



The ROSA system is designed to help surgeons to perform total knee arthroplasty with increased accuracy, reproducibility and control.

Orthopaedic Surgeon Dr George Gayagay was the first surgeon to utilise the device at Albury Wodonga Private Hospital and said with thorough pre-planning, the system was designed to tailor a balanced and precise placement of knee implants for each individual patient and thereby improve outcomes.

"The ROSA allows surgeons to plan surgery in 3D and quantify stability and alignment in real time. It then acts as an assistant during the procedure to help navigate the surgery in a minimally invasive manner," Dr Gayagay said.

"Using a robot instead of the traditional method of surgery means we have enhanced visualisation and assessment throughout the procedure. The ROSA is designed to also offer greater control and flexibility of instruments and to support precision placement of knee implants. Good outcomes can therefore be reproducible."

The ROSA is not only restricted to knee replacements and is currently under trial for other knee surgeries and hip replacements.

Albury Wodonga Private Hospital CEO, Sheryl Keir, said she was proud the hospital could bring robotic technology to the border region for the first time.

"Residents from Albury, Wodonga and surrounding communities can now access first class orthopaedic care close to home, without the need to travel to Sydney or Melbourne," Ms Keir said.

"Highly specialised training is required to operate the region's first surgical robot, and with the assistance of a fantastic team of nurses, anaesthetists and more, you're in great hands at Albury Wodonga Private Hospital.

"We're proud to be at the forefront of bringing advanced surgical technology to the region."

In recent years, Dr. Gayagay introduced the first Artificial Intelligence (AI) guided and 3D printed knee replacements into the region. Through ongoing research, he hopes to unify all technologies to manage challenging knees. ■■

## St George Private Hospital debuts cutting edge robotic technology



St George Private Hospital has furthered its commitment to offering patients the most advanced surgical options available, with a robotic arm assisted total hip replacement performed at the hospital for the first time.

Dr George Kirsh performed the first surgery using the Mako robotic device, which is designed to offer better outcomes for those suffering from non-inflammatory or inflammatory degenerative joint disease.

"It allows me to virtually assess the hip replacement stability and impingement of the prostheses and the pelvis or femur. I can then position the prostheses in the ideal position for movement and stability," Dr Kirsh said.

"Time is saved in only reaming once with the correct size reamer and the robot will not let you ream too deep or in the wrong alignment so insertion of the prosthetic

acetabulum is very accurate."

Prior to surgery, a CT scan of the patient's hip joint is taken in order to generate a 3D virtual model of a patient's unique anatomy.

The 3D model shows aspects not typically seen with an x-ray alone. This additional information can help the doctor to determine the optimal size, placement and positioning of an implant.

St George Private Hospital Chief Executive Officer, Peter Ridley, said: "We are excited to be involved in the growth of technology assisted robotic surgery and look forward to hearing feedback from our patients." ■■

## Southern Highlands Private Hospital invests in robotic surgical system



The Southern Highlands region is now home to state-of-the-art robotic technology with a new Stryker MAKO robot being unveiled at Southern Highlands Private Hospital.

The MAKO system is an advanced, surgeon-controlled, robotic arm designed to increase the accuracy of knee and hip replacements.

Bowral-based orthopaedic surgeon Dr Nick Hartnell is the first local surgeon to be trained to use the MAKO robot.

"The robot constructs a 3D model using a pre-operative CT scan which enables more accurate planning of a surgery," Dr Hartnell said.

"This should mean less interruption as we can plan for variations in a patient's anatomy.

"During surgery the robotic arm is designed to ensure precise placement, better knee alignment and less disruption to surrounding tissue."

Southern Highlands based patients now have access to a highly advanced MAKO robot without having to travel to Sydney. ■■

## Wangaratta Private Hospital debuts robotic technology in north-eastern Victoria

Wangaratta Private Hospital has brought state-of-the-art robotic technology to north-eastern Victoria, investing in the region's first Mako Stryker robot which is designed to offer an alternative surgical option for patients.

The Mako system is an advanced, surgeon-controlled, robotic arm designed to increase the accuracy of knee and hip replacements.

Four of Wangaratta Private Hospital's orthopaedic surgeons have been specially trained to use the technology, including Dr Richard Kjar.

"The Mako system robot allows north-east Victorians to access contemporary, innovative, precise and accurate joint replacement surgery close to home," Dr Kjar said.

"I'm proud that Wangaratta Private Hospital is the first hospital in the region to introduce the use of a Mako robot in orthopaedic surgery.

"The Mako Stryker robot offers the surgeon an opportunity to pre-plan, intra-operatively adjust and then make bone cuts in joint replacement surgery with great accuracy and precision. This is designed to result in less soft tissue

trauma and a better fitting and more balanced joint.

"This is exciting technology, and although amazing in its own right, also offers potential in the future for more development in more advanced and complex prosthesis design and implantation."

Wangaratta Private Hospital CEO Rhys Jones said the facility has had a strong association with orthopaedic surgery, with local surgeons providing high quality orthopaedic services for more than 25 years.

"I'm excited to continue our role as a leader in orthopaedic surgery in regional Victoria. By offering the region's first Mako Stryker robot, more local patients can receive advanced orthopaedic surgery without having to travel to Melbourne or Sydney," Mr Jones said.

"We're excited to be leading the way in bringing robotic technology to this region." ■■





# Ramsay Hospital Research Foundation funds landmark study for millions suffering from persistent knee pain

The Ramsay Hospital Research Foundation is funding a new landmark trial investigating the cause of common, persistent pain in patients following a Total Knee Arthroplasty (TKA).

A third of Australians over the age of 65 will have knee osteoarthritis significant enough to affect their quality of life. TKA is a common operation for these patients designed to reduce pain and improve joint function. However, up to 20 per cent of patients report some dissatisfaction following their operation.

Dr Samuel MacDessi, Chair of Orthopaedics at St George Private Hospital and founding partner of Sydney Knee Specialists, said the Robotic Assisted Surgery in Kinematic Alignment – or RASKAL – trial will assess the effectiveness of recent surgical developments - robotic-assisted surgery and kinematic alignment - and compare them to the current gold standard of surgical care (computer-assisted surgery and mechanical alignment).

The trial aims to determine if there is a difference in pre- and post-operative patient outcomes between the surgical groups.

“We know that the most beneficial treatment for when patients have end stage arthritis is that of total knee replacement surgery,” said Dr MacDessi said.

“While it’s successful for the majority of people who undergo the surgery, there’s still a fifth of people who report some level of dissatisfaction from the operation.

“This is going to be a landmark trial that will tell us whether the use of robotics in knee replacement surgery will improve the outcomes for patients so that it can potentially be used on a more routine basis in the future.

“This trial is important for not just solving one major issue, that is ‘do robots make a difference’, but also, is this new method of aligning knees better than the current technique that’s been used for 45 years?

“The information that we’re able to attain from this study is going to help patients in the future by determining whether robotics becomes the standardised approach for everyone having a knee replacement.” ■■



## Westmead Private Hospital performs Australian-first breast cancer procedure

Australian women diagnosed with breast cancer and undergoing autologous breast reconstruction now have access to an advanced, minimally invasive surgical option at Westmead Private Hospital.

The surgery, a laparoscopically assisted DIEP Flap, has been performed in Australia for the first time at the Ramsay hospital in Western Sydney.

Autologous based breast reconstruction can be used for breast cancer patients following mastectomy. It uses healthy tissue, called a flap, from elsewhere in the body to reconstruct the breast.

A DIEP flap is where the lower abdominal skin, fat and blood vessels are taken and expertly reattached to the chest using microsurgery.

The surgical team involved in the Australian-first procedure included specialist plastic surgeons Dr Bish Soliman and Dr Varun Harish, breast surgeons Associate Professor James French and Dr Negin Sedaghat and general surgeon Dr Lawrence Yuen.

Dr Bish Soliman said the new laparoscopically assisted DIEP Flap Harvest uses laparoscopic instruments to minimise fascial incisions and consequent denervation of the abdominal wall.

“Autologous breast reconstruction has markedly evolved since the transverse rectus abdominis muscle flap initially described in 1982,” Dr Soliman said.

“The reported advantages of a laparoscopic-assisted approach include minimising the fascial incision length and reducing both the incidence of nerve damage and the dissection process which may result in a weakened abdominal wall.

“It is hypothesised that this results in a quicker recovery, less pain and reduced donor-site morbidity.”

Dr Soliman said a lot of prior planning by the team was needed to ensure the best result.

“This is a team effort, where we brainstormed the idea, looked at journal articles from overseas and came up with a plan where everyone knew their role and were able to execute it,” he said.

“It was exciting to push the envelope and evolve whilst putting patient safety first.

“Improving surgical interventions is key to improving surgical outcomes.”

Cathy Watton, 51, was Dr Soliman’s first patient after being diagnosed with breast cancer in July 2021. ■■







## Residency program for Ramsay’s hospital pharmacists

Ramsay Pharmacy has become the first national hospital group in Australia to receive accreditation from the Society of Hospital Pharmacists Australia (SHPA) to offer a nationwide Clinical Pharmacist Residency Program.

A residency is a formal, two-year structured experiential learning program for hospital pharmacists. Formal experiential training consolidates initial education and training and progresses early career pharmacists towards advanced practice.

The SHPA residency program has already been running at Greenslopes Private Hospital for the past four years, but now Ramsay Pharmacy will be able to offer the program across the wider group.

Providing this structured support along the continuum of a pharmacist’s professional development will help pharmacists to develop their knowledge, skills, experience and behaviours, enabling them to become expert practitioners and future leaders.

Reearna Morrison, a clinical pharmacist at Greenslopes Private Hospital, who completed the SHPA residency program in April 2022, said that the program “was definitely a challenge, but it opened doors for me that would otherwise not have been possible.”

“The two years have seen me grow as a pharmacist and gain a significant amount of specialised knowledge. I’ve even been able to work directly with our nephrologists to improve medication management for our haemodialysis patients, which has been an amazing opportunity.”

## Ramsay Pharmacy North West turns one

Ramsay Pharmacy North West has celebrated its first birthday in February 2022.

The site, which is based at North West Private Hospital in Brisbane, has a strong integration with North West’s Early Parenting Centre.

The team helps to support new mothers through providing discounts and a health care professional to talk to during their weeklong stay.

The pharmacy is a training point for new pharmacists and rotational staff and also facilitates in-service education.



## Ramsay Pharmacy helps keep volunteers safe this Clean Up Australia Day

Ramsay Pharmacy has pitched in to help on ‘Clean Up Australia Day’, while also offering free hand sanitiser to 80,000 volunteers.



Ramsay Pharmacy CEO, Greg Kennedy, said he was proud to support the nation’s largest community-based environmental event.

“Keeping people and our planet safe is so important, which is why we were proud to support Clean Up Australia Day with free 500 ml hand sanitiser available to volunteers,” Mr Kennedy said.

“We’ve all become much more conscious of our health and safety over the past two years, but it’s not just COVID-19 that we need to be thinking about. If you’re out picking up rubbish, we recommend wearing gloves if you can and making sure you sanitise your hands straight after.”

Ramsay Pharmacy teams participated in Clean Up Australia Day events in Brisbane and Melbourne.

Mr Kennedy said Ramsay Pharmacy was committed to Ramsay Health Care’s sustainability strategy, Ramsay Cares, which focuses on creating stronger communities, healthier people and a thriving planet.

“The benefits of environmental protection for current and future generations are clear and we want to take practical steps to assist,” he said.

“Ramsay Pharmacy team members have also made pledges to reduce our impact on the environment. We wanted to inspire others to join us in our goal of making a difference by sharing a pledge and tagging @CleanUpAustralia and #StepUpToCleanUp.”

“My personal pledge this year is to only use a reusable drink bottle, which is aligned with Ramsay Health Care’s broader pledge to cease using single use plastic water bottles in our facilities.”





# Ramsay’s Group Chief Growth Officer visits Australian sites

Ramsay Health Care’s new Group Chief Growth Officer, Dr Andy Jones, has made the most of international borders reopening with a flying visit to Ramsay Australia.

Based in England, Dr Jones started the new role at the beginning of 2022. He is responsible for leading Ramsay’s global growth and transformation strategy.

“Being able to meet Ramsay people in clinical and operational roles has given me great insight into all the

exciting projects underway in Australia,” Dr Jones said.

As well as spending time with the Board and executive leadership in Sydney, Dr Jones visited a range of Ramsay hospitals, pharmacies, allied health and mental health facilities.

“It’s terrific to see how Ramsay is progressing clever, creative ways for more people to get the healthcare they need, when and where they need it,” he said.

“Our people are clearly working hard to provide modern, world class healthcare for all our communities.”

(L-R: Dr Andy Jones (Group Chief Growth Officer), Graeme Walker (Allied Health Manager at North West Private Hospital), Chris Murphy (CEO of North West Private Hospital), Carmel Monaghan (CEO of Ramsay Health Care Australia) and Leah Gabolinscy (Group Chief Transformation Officer).



## Paul Ramsay Foundation backs independent review of COVID-19 response

The Paul Ramsay Foundation is joining with Minderoo Foundation and the John and Myriam Wylie Foundation to fund an independent review of Australia’s response the COVID-19 pandemic and its impact on the community, with the goal of improving future health crisis responses.

Australia has navigated the profound challenges of COVID-19 relatively well compared to many countries, but the pandemic has had a major impact on our healthcare system, families and communities.

Decision makers have had to deal with unprecedented health, social, economic and humanitarian considerations quickly, with essentially no roadmap to guide them. The Paul Ramsay Foundation recognises the importance of learning from these experiences.

The review will be chaired by Professor Peter Shergold AC, who has had a distinguished career at the highest levels of Australian public policy, including as Secretary of the Department of the Prime Minister and Cabinet, and led numerous reviews on major government programs.

Professor Shergold will be joined by panel members Jillian Broadbent AC, Doherty Institute Director Professor Sharon Lewin AO, former Young Australian of the Year Isobel Marshall, and University of Queensland Chancellor Peter Varghese AO.

Paul Ramsay Foundation CEO Professor Glyn Davis AC said the review was specifically designed to be independent and philanthropy-led, setting out to ensure the lessons from Australia’s pandemic experience are captured so that they may be used to strengthen policies and actions in response to future crises.

“We need to be more ready and resilient for whatever comes next - it’s critical that we know more about the effects and consequences of the pandemic so that our response is tailored to have the greatest impact in improving the health, security, and happiness of Australians, especially for future generations,” said Professor Davis.

The funders of this review have each committed to an independent approach, with the review process and its conclusions at the discretion of the Panel, and free of editorial or policy direction from the funders.

Professor Peter Shergold, AC, review Chair, commented on the importance of the review:

“While governments will no doubt reflect on the experiences and results from their own policies, this review will provide a valuable independent examination. We aim to deliver incisive and practical recommendations that will assist governments, business, civil society and the broader community to mitigate the impact of future health crises and create a more resilient society.”

The review panel will be supported by research and analysis from e61 Institute. Members of the public are invited to provide a submission to the Review addressing one or all of the following questions:

1.

What impact did the pandemic have on you and your community?
2.

What worked well, and what didn’t work well, in governments’ policy responses to reduce the impact of the pandemic on you and your community?
3.

What should be done now to better prepare for the next health crisis?
4.

What other issues would you like to raise with the Panel?

Submissions are limited to 1,500 words and can be lodged online at [www.e61.in/covid-review](http://www.e61.in/covid-review) before July 31. Submissions will be treated as confidential and will only be referenced in the final report with written permission.

The Review will deliver its final report with recommendations by September 2022.





# Ramsay Clinic Rockhampton celebrates a decade of supporting the mental wellbeing of Central Queenslanders

Ramsay Clinic Rockhampton is this month celebrating 10 years of helping Central Queensland residents, having doubled in size in the past decade to support the mental health of locals.

As part of the Hillcrest Rockhampton Private Hospital campus, Ramsay Clinic Rockhampton offers comprehensive care for people affected by a range of mental health conditions including mood disorders, anxiety, depression and post-traumatic stress.

Psychiatrist Dr Peter Rofo has been consulting at Ramsay Clinic Rockhampton since it opened in 2012 and said now, more than ever, mental health services in regional and rural Australia are essential.

“There has been an increase in demand for mental health services in this region over the past 10 years,” Dr Rofo said.

“Depressive illness, anxiety, post-traumatic stress disorder, attention deficit disorder and bipolar mood disorder are the main disorders I see through my practice.

“In my opinion, there are some significant differences for people living in rural areas. Of course, while the major disorders of depression, anxiety, alcoholism, substance abuse and relationship difficulties are common to both, one cannot underestimate the effects of drought, isolation and financial hardship in rural communities.

“The Ramsay Clinic is the only private psychiatric facility between Cairns and the Sunshine Coast. This means people in Central Queensland can be treated locally, and family and relatives can visit without having to travel to Brisbane.”

Hillcrest Rockhampton Private Hospital CEO, Fiona Hebbard, said the clinic had grown over time to meet demand.

“When we opened in 2012, we had 12 beds and three psychiatrists. We now have 24 private rooms, day program facilities, larger group rooms and six psychiatrists supported by a specialist team of nurses, psychologists and other allied health professionals,” Ms Hebbard said.

“We offer the best available, evidence-based psychiatric and psychological treatments to help Central Queensland residents improve or manage their mental wellbeing.

“We look forward to supporting the local community for many more years to come.” ■■

# Waverley Private Hospital celebrates 50 years of helping Victorians

Waverley Private Hospital and its patients have come together to celebrate 50 years of the hospital caring for residents in Melbourne’s east and south-east.

Waverley Private Hospital CEO, Maree Mendola, said there were many significant achievements in the hospital’s long history worth celebrating, including the births of more than 4,300 babies.

“Waverley Private Hospital has been providing top quality health care to the local communities for 50 years,” Ms Mendola said.

“We’re proud to have helped grow so many local families, including the Brown family who were here at the beginning in April, 1972.”

Travis Brown, the first male baby born at Waverley Private Hospital, is now based on the Gold Coast, but made the trip back to Victoria to be part of the hospital’s 50th birthday celebrations.

“I wouldn’t miss it for the world,” Mr Brown said.

“Being the first baby boy born at the hospital, I’m very excited to have reached 50 years old and to celebrate the anniversary with the hospital is very exciting.” ■■





# Hollywood Private Hospital staff raise funds for Ukraine

Hollywood Private Hospital staff have raised almost \$3,000 for those impacted by the war in Ukraine via a fundraiser which involved selling Ukrainian cuisine, honey cake and sunflowers.

The Ukrainian menu featured dishes such as Borscht (vegetarian soup), Bigos (hunter stew) and Pierogi (cheese and potato dumplings).

All profits were donated to the Ukrainian Embassy in Perth, which will be distributed to those suffering from the war.

Catering Manager Peter Trusler said Taste of the World events were held regularly for staff to enjoy international food.

“We had a lot of requests about raising funds to help support those in need in Ukraine and decided to bring back the Taste of the World as part of a fundraiser,” Mr Trusler said.

“We also sold sunflowers because they are the symbol of resistance, unity and hope.

“The international community has been displaying sunflowers to show their solidarity with Ukraine.”



Hollywood Private Hospital staff held a fundraiser for those impacted by war in Ukraine.

# Greenslopes Private Hospital surgeon returns from stint on Mercy Ship

Greenslopes Private Hospital has welcomed back urogynaecologist Dr Jerome Melon, who has returned from time aboard a Mercy Ship in Africa.

Dr Melon was part of the first team of women’s health surgeons to return to field service after a two-year hiatus due to the COVID-19 pandemic.

He spent three weeks onboard ‘Africa Mercy’, at port in Dakar, Senegal in west Africa.

“Most of the surgeries I performed were aimed at repairing urogenital fistulas which had developed during childbirth, with many of the babies unfortunately not surviving,” Dr Melon said.

“The women had then been left with very debilitating symptoms including incontinence and were often socially outcast by their communities because of it.

“Many told stories of travelling for 15-20 hours to join the ship.

“Unfortunately, the majority of these fistulas could have been prevented with access to modern obstetric care.”

Dr Melon says the experience helped shaped his career and he would do it again “in a heartbeat”.

“My desire to work repairing urogenital fistula in disadvantaged communities and countries shaped, in part, my decision to choose obstetrics and gynaecology for specialist training and further my desire to subspecialise in urogynaecology,” he said.

“It was an absolutely incredible experience and I would encourage anyone, no matter in what capacity, to consider volunteering if they are interested. The work is rewarding and wholesome, with a true sense of giving back to some of the most disadvantaged women in Africa, afflicted by troubling symptoms through no fault of their own.”





# Movements and Appointments

### ERANGA ALWIS

has been appointed to the role of Director of Finance and Hospital Support Services across both Mitcham and Waverley Private Hospitals. Eranga joined Ramsay in 2009, commencing as a Financial Accountant in Cairns where he supported major developments across the network and the acquisition of Cairns Clinic. After working at Sunshine Coast University Private Hospital from 2015 to 2016, Eranga returned to Cairns until 2019, at which time he moved to Melbourne to assist with the establishment of the Finance Service Centre (FSC). Eranga consistently models The Ramsay Way values and has developed strong relationships with internal stakeholders.

### BART BIENIEK

has been appointed as the Director of Finance at John Flynn Private Hospital on the Gold Coast. Bart brings to Ramsay Health Care more than 19 years of finance experience within the health care sector, including Finance Director roles at large private hospitals and state based commercial manager roles.

### DAMIEN CONNOR

has been appointed to the position of Director of Finance and Support Services at Tamara Private Hospital. Damien has completed a Bachelor of Financial Administration and is a Certified Practicing Accountant. He is a local resident of Tamworth and has 20 years' accountancy experience including more than ten years in senior executive and general manager positions within large organisations. Damien was most recently the Executive Manager at Clarence Valley Regional Council.

### DEAN ENGLEFIELD

has been appointed to the role of CEO at Southern Highlands Private Hospital. Dean commenced at Southern Highlands in 2006 as a physiotherapist, was promoted to Physiotherapist in Charge in 2011 and then Allied Health Manager in 2017. Over the past two years, Dean has successfully managed the service's transition from being purely inpatient-focused to the Ramsay Health Plus model which incorporates a range of outpatient services. Dean's knowledge of the facility, staff, doctors and the general community is vital in maintaining the culture of the hospital. Dean completed the Ramsay Health Care Future Leaders Program in 2017.

### SHANA LALOR

has been appointed as Director of Clinical Services at Ramsay Clinic Macarthur. Shana joined Ramsay Clinic Macarthur in 2017 as an experienced mental health nurse. Since then, Shana has progressed through various clinical and management positions including Clinical Nurse Specialist/Educator, Group Facilitator, Acting Nurse Unit Manager (NUM), NUM and Acting DCS. Shana has also completed her Master of Mental Health Nursing in 2021. Shana demonstrates a commitment to the provision of quality Mental Health services and brings a refreshing approach in her leadership style. She is passionate about team building, and education and embodies the Ramsay Way philosophy.

### ROB LINEY

has been appointed as the Director of Finance and Hospital Support Services at Shepparton and Wangaratta Private Hospitals. Rob brings to Ramsay considerable business and accounting experience, as well as a track record in business services roles within public health. He has also held several senior executive roles both locally and internationally.

### PETER MOTT

has been appointed to a part-time role as WA State Manager, as part of his transition to retirement after stepping down as CEO of Hollywood Private Hospital. Peter was the Hollywood CEO for nine years and leaves a legacy of exponential growth, with the hospital now the largest hospital in WA. He oversaw multi-million dollar developments, including an emergency department, the expansion of mental health services, a cardiothoracic theatre and the Hollywood Consulting Centre for comprehensive cancer care. In addition to his role at Hollywood, Peter has represented Ramsay Health Care in a number of external forums such as the Australian Private Hospitals Association and its associated Workforce Committee.

### ANDREW TOME

has been appointed as CEO of Hollywood Private Hospital. Andrew was previously the CEO at Peel Health Campus which will transfer back to public operation in 2023. Andrew joined Ramsay in 2015 as the Director of Finance and Corporate Services (DFCS) - initially at Peel, before becoming the DFCS at Hollywood Private Hospital. Andrew has a history of building strong working relationships with stakeholders including managers, doctors, staff and external stakeholders especially with the Health Department and South Metropolitan Health. Andrew exemplifies The Ramsay Way in his leadership. His diverse experience outside of health and with his experience at both Peel and previously Hollywood means he is well equipped to lead Hollywood as it continues to grow while maintaining the reputation of quality and excellence.

### WINNIE TSANG

has been appointed to the position of Director of Finance and Support Services at Kareena Private Hospital. Winnie joins Ramsay from a lengthy career at Healthe Care where she most recently held the position of Group Finance Controller. She has completed a Bachelor in Commerce (Accounting) and is a Certified Practicing Accountant.

### PAUL WOOLFE

has been appointed to the position of Director of Finance and Support Services at Port Macquarie Private Hospital. Paul joins Ramsay from Healthe Care where held the Finance Manager position at Mayo Private Hospital and Forster Private Hospital. He has completed a Bachelor of Commerce and is a Certified Practising Accountant with 25 years' experience.

# Castlecrag Private Hospital farewells two outstanding medical specialists



L-R: Dr Steve Schumacher, Dr Kim Slater and Richard Ryan

Castlecrag Private Hospital recently celebrated the contributions of two outstanding visiting medical officers (VMOs) who retired in April 2022.

Dr Kim Slater, an orthopaedic foot and ankle surgeon, contributed 30 years to the hospital, while his colleague Dr Steve Schumacher, an anaesthetist, contributed 41 years.

Both Dr Slater and Dr Schumacher made significant contributions to the hospital over their combined 71 years of service, demonstrating compassion, outstanding patient care, consistent respect and support for all staff and a loyalty to the facility and Ramsay Health Care.

They were active members of the medical team and significantly contributed to the hospital and its success, especially after the transition of ownership to Ramsay in 2005.

Dr Schumacher was also credentialed at Hunters Hill Private Hospital where he also provided anaesthetic support for another surgeon until his retirement in April 2022.

The hospital celebrated and acknowledged the doctors' significant contributions in an afternoon tea on 5 April when the pair worked their last theatre list together at Castlecrag.

Castlecrag Private Hospital CEO, Richard Ryan, said:

“On behalf of our Castlecrag family, we thank Kim and Steve for wonderful gentlemen they both are and the support they provided to the hospital for many years. Our best wishes to them both throughout their retirements.” ■



# Ramsay Health Care congratulates three nurses for 50 years of helping others

Nursing looked a lot different 50 years ago - there were no surgical robots, no electronic medical records, no automatic blood pressure machines. However, one thing that hasn't changed is that Ramsay nurses Sue Engele, Louise Levy and Amanda McDowell are still helping others, and sharing laughs along the way.

Sue, Louise and Amanda met on February 7, 1972, at Royal North Shore Hospital as they began their nursing training together.

For Sue and Louise, they'd wanted to become nurses since they were young children. For Amanda, it wasn't always so obvious, but she says she is "so glad I ended up choosing this career."

In the late 1970s, the three moved to London to continue working as nurses while travelling the world.

Since then, nursing has taken them on different journeys, but they've remained close.

In 1998, Sue commissioned Ramsay Health Care's first maternity service, at North Shore Private Hospital.

"Assisting couples with the birth of their baby is a special highlight of my career," Sue said.

"And, of course, the wonderful arrival of three beautiful grandchildren born at North Shore Private Hospital!"

Sue said while nursing and healthcare has changed a lot over the years, it still brings her joy.

"I've had the opportunity to learn throughout my entire career, be challenged and use my skills to safely care for others. I've also had the opportunity to support and assist undergraduate nurses, registered nurses and registered midwives through their careers to achieve their goals," she said.

"Today, there is a greater multidisciplinary and preventative approach to healthcare. Nurses are an essential part of the healthcare team and are respected professionals with greater opportunities to become specialised in different fields in nursing including the role of the Nurse Practitioner and Nurse Consultants.

"My advice to young nurses would be to look for opportunities and continue to learn throughout your career. Ask questions and find great role models. Always be professional, kind and assist others, and importantly, take care of yourself."



Louise, who has spent time in midwifery and mental health nursing, also has advice for young nurses.

"It's remarkable to think Sue Engele, Amanda McDowell and myself, have been wonderful friends for 50 years. This is all thanks to nursing," Louise said.

"We three ladies have never had a fight, only laughs. Being able to laugh at ourselves has worked for us. Life as a nurse is challenging, tiring, rewarding and never boring!"

"The advice I would give young people today who are planning on a career in nursing would be to stay true to yourself, be kind, patient and tolerant."

Amanda, who for the last 17 years has been part of the theatre team at Ramsay Health Care's Caboolture Private Hospital, said it's all about the people.

"Nursing, to me, is still basically the same - the patient comes first and always has," Amanda said.

"I have no idea where the time has gone, but my favourite thing is that Louise and Sue and our two nursing mates Lyn Morton and Helen Plummer are as close as the day we met."

But it's not just those relationships she cherishes.

"I have loved every minute, but I truly need to thank Yvonne Hemingway (Caboolture Private Hospital) for being one of the best leaders in my career," Amanda said.

Amanda McDowell is currently a registered nurse at Caboolture Private Hospital, Louise Levy is a registered nurse at Hunters Hill Private Hospital and Sue Engele is Ramsay Health Care Australia's National Patient Experience and National Complaints Officer. ■■

## Greenslopes Maternity celebrates 9th anniversary with baby number 9,000

Greenslopes Private Hospital's maternity unit has welcomed its 9,000th baby, born on 9 February on what is coincidentally the maternity unit's ninth birthday.

Dr Heng delivered the baby boy, saying "he has no idea he is a milestone baby for us!"

Greenslopes Private Hospital CEO, Chris Went, said she was proud the team at Greenslopes maternity were able to help so many parents begin or grow their families.

"Each and every baby we deliver is special, but this little boy did get a little extra attention," Ms Went said.

"We're so proud to be able to help so many families and I want to thank them for putting their trust in us." ■■



Peninsula Private Hospital CEO, Michelle Henderson, said she was proud of everyone involved for launching the new technology during the pandemic.

"It has been a busy few years, but I'm proud that at Peninsula Private Hospital we've invested in this new technology to offer our patients the most advanced surgical options."

## Peninsula Private Hospital reaches robotic milestone despite Covid restrictions

Peninsula Private Hospital has performed its 100th case using the Da Vinci robot within a year of the surgical system arriving – a fantastic achievement given the lengthy elective surgery restrictions which were in place in Victoria.

Peninsula Private Hospital Registered Nurse, Michelle Krotwaar, echoed Ms Henderson's views.

"Congratulations to the theatre team for this great effort in starting up something new for Peninsula Private Hospital in a very challenging time."

The 100th case was performed on 24 February 2022, after the first case in April 2021. ■■



# Clinical Trials Day: Australians benefit as local clinical trials skyrocket on the back of COVID-19

Australians could be the first in the world to benefit from potentially life changing new therapies as the number of local clinical trials continues to rise, spurred by the nation’s resilience during the COVID-19 pandemic.

Ramsay Hospital Research Foundation (RHRF) CEO, Nicola Ware, said Australians have a lot to celebrate this Clinical Trials Day.

“We’ve seen a sharp increase in the number of clinical trials being undertaken in Australia in recent years, with more Australians than even becoming the first in the world to receive doses of new drugs and therapies,” Ms Ware said.

“In the early stages of the pandemic, many international markets were understandably focussed on COVID-19 related clinical trials and the development of COVID-19 vaccines. Restrictions on travel also made non-COVID-19 clinical trials difficult to conduct, with participants unable to travel for medications and assessments.”

The Ramsay Health Care Clinical Trials Network currently has 218 clinical trials underway, a 46 per cent increase compared to the same time in 2019.

Ms Ware said the impacts of the pandemic in regions including Europe and the United States led to a decentralisation of clinical trials.

“The decentralisation of clinical research since the onset of the COVID-19 pandemic has resulted in a rapid increase in trials in Australia, particularly trials that previously would have taken place in Europe or the United States,” she said.

The Gallipoli Medical Research Foundation, based at Greenslopes Private Hospital in Brisbane, has also reported an increase in demand for trials, especially in the early drug phase studies, with Associate Director of Clinical Trials, Dr Suzanne Elliott saying drug companies from around the world were reaching out to the Foundation.

“We were fortunate to be able to continue the majority of our existing clinical trials during the pandemic, and also

launch many new trials which provide patient participants early access to new potential life-saving treatments,” Dr Elliott said.

“Drug companies from around the world have been contacting us, keen to start their trials as soon as possible. Pre-2020 we would receive around 1-2 enquiries per month for new Phase 1 trials. In 2021 we were receiving up to five per week.”

One clinical trial currently being run out of Pindara Private Hospital on the Gold Coast with Principal Investigator Dr Hanlon Sia, is DREAMM7. DREAMM7 evaluates the efficacy and safety of a new drug combination in participants with relapsed Multiple Myeloma.

Myeloma is the 17th most commonly diagnosed cancer in Australia and has a 51 percent chance of surviving at least five years.

Pindara Private Hospital Clinical Trials Coordinator, Kirby Watts, said the trial has so far netted really good results.

“We’ve been running the trial for two years now and have had some participants with a complete response to the trial drug, and more with very good partial responses,” Ms Watts said.

“Through our clinical trials and the new drugs available through them, the overall survival outcome for patients with multiple myeloma has increased from five to 10 years.

“For those, this drug has been life changing and if the trial goes well, it could help many, many more people in the future.” ■■



## Wollongong to become home to Australia’s first all-female trauma-informed mental health facility

**Women suffering from trauma-related mental health issues will soon have access to a dedicated care facility with Australia’s first women’s stand-alone, trauma-informed mental health service to open in Wollongong.**

Australian women are almost twice as likely to experience Post Traumatic Stress Disorder (PTSD) as men (15.8% and 8.6% respectively), with 12 per cent of Australians likely to experience PTSD in their life (ABS 2007).

Ramsay Mental Health Director, Anne Mortimer, said Ramsay Clinic Thirroul will be a 43-bed women’s only unit, providing a safe environment where women can deal with trauma-related mental health disorders via specific evidence-based programs.

“There is a real shortage of women’s only mental health facilities in Australia and we’re proud to be opening Australia’s first women’s only stand-alone, trauma-informed mental health facility,” Ms Mortimer said.

“The specialist team at Ramsay Clinic Thirroul will understand the pervasive nature of trauma and the mental ill-health it causes and will provide a responsive environment that promotes healing and recovery.

“We have a team of mental health clinicians led by Dr Karen Williams, all with experience in treatment of trauma disorders, and the program will include a range of auxiliary therapies.”

Ramsay Clinic Thirroul will also offer day patient programs for ongoing treatment and recovery.

Ms Mortimer said the unit will become a training centre for psychiatric, medical, psychological and other allied health and nursing students.

“This will help build a workforce for the future that is trauma informed when managing complex mental health issues,” she said.

“We understand that mental health challenges look different for everyone, especially trauma related mental health. Dedicated, trauma-informed care and practice principles will be utilised to ensure the best patient outcomes.”

Psychiatrist Dr Karen Williams said the clinic was an “absolute game changer”.

“We understand that mental health challenges look different for everyone, especially trauma related mental health. Dedicated, trauma-informed care and practice principles will be utilised to ensure the best patient outcomes.”

“The need for specialised services for women is enormous and I believe the clinic will be the single most significant change to the way we look at trauma-related mental illness in women,” Dr Williams said.

“I initially approached Ramsay asking for a single ward to treat my female patients who had experienced trauma. Anne and her team at Ramsay Health Care listened to me describe just how badly we needed a facility that focussed on trauma-related mental health issues in women, including childhood trauma, road crashes, family violence and sexual abuse and their reply was simply ‘How about a whole hospital instead?’ I could not help but cry.

“Our model is dedicated to setting a gold standard of care and providing treatment for the root causes of psychological ill-health, instead of always patching up the symptoms.”

Ramsay Clinic Thirroul will open in Phillip Street, Thirroul, which previously operated as Lawrence Hargrave Private Hospital. The site is due to be operational from August.

Ramsay Mental Health has been committed to providing world-class standards of care for people affected by mental illness since 1964. It treats more than 70,000 mental health patients in Australia each year. ■■