

info matters



A newsletter to Medical Specialists and GPs throughout the Auckland, Hamilton and Northland regions

April 2016

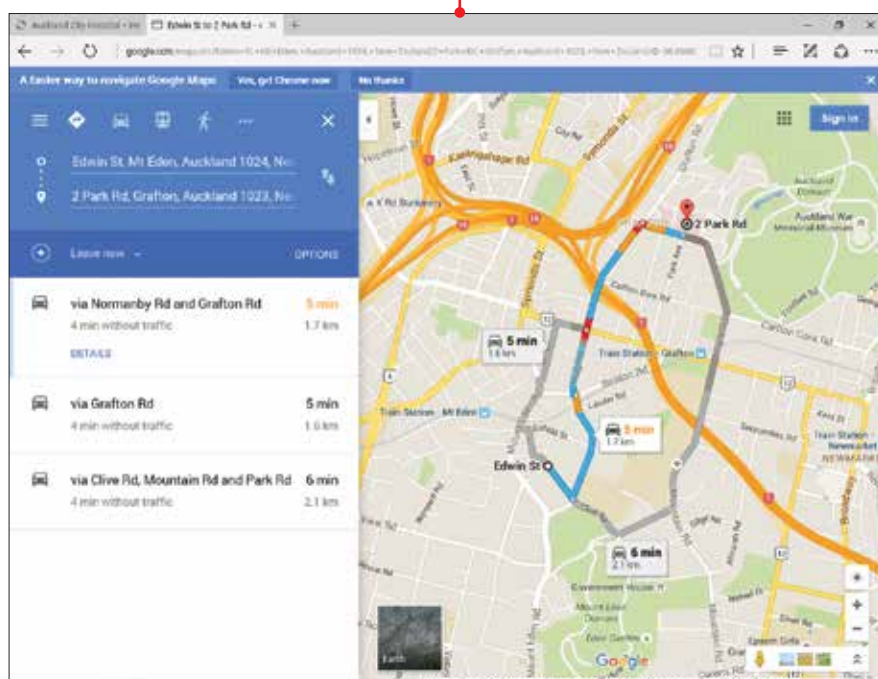
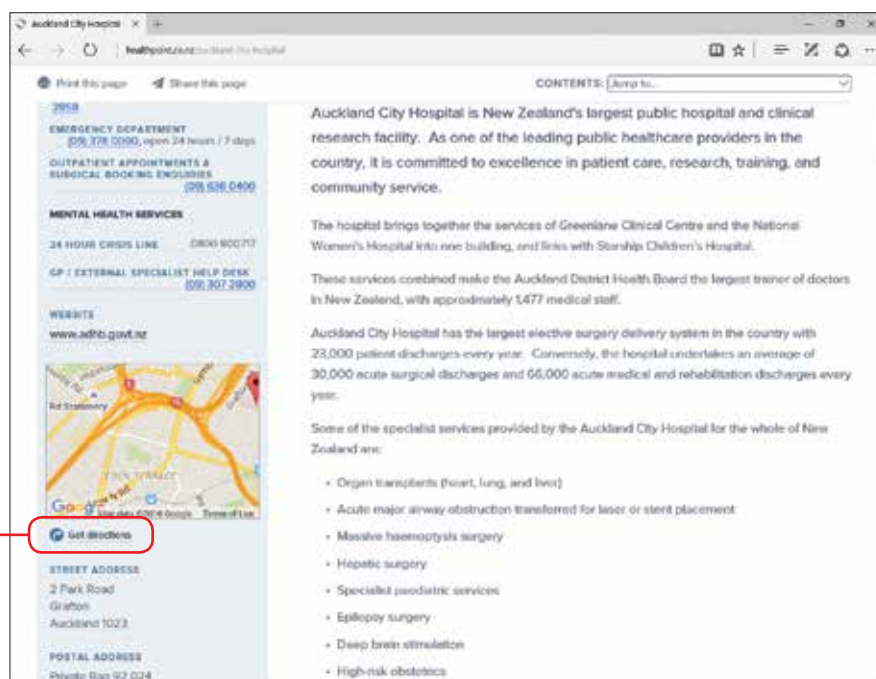
HEALTHPOINT NEWS

Help with getting to your appointment.

www.healthpoint.co.nz, in response to community feedback, has added a new transport function.

Not only are many of your local health and community services easy to find on Healthpoint you can now also find how to get to them.

You can do this by looking underneath at the Google map on the left hand side of each service page for the "Get directions" tab.



Clicking on this will link you through to Google map directions so that you can see how to drive, bike, walk, bus or train to your destination and how long it will take.

If you have referred one of your patients to a secondary care service for example, you can tell them to go to Healthpoint, search for that service and get the easy-to-use directions to that service.

Check it out on www.healthpoint.co.nz.

To view go to: www.healthpoint.co.nz

www.healthpoint.co.nz

Mr Adam Davies - Urologist

Helping with Nocturia

As a Urologist, I am often asked to see patients regarding trouble with nocturia, defined as the need to wake up during the night to urinate.

Nocturia becomes more common as people age, in both men and women. The causes are multiple, but in my experience a common cause is excessive or inappropriate fluid consumed during the evening.

A simple tip therefore, is to advise your patients to cut right back on all fluid after 5pm, but especially avoid caffeine and alcohol.

**Referrals welcome to Knox Street Clinic,
19 Knox Street, P.O. Box 228, Hamilton.
Ph: (07) 858 0753, Fax: (07) 858 0765
Email: reception@daviesajwurolgy.co.nz
www.daviesajwurolgy.co.nz**



Breast Associates

Our team specialises in:

- diagnosing and treating breast cancer
- diagnosing breast lumps
- breast reconstruction
- diagnosing and treating breast infection
- diagnosing and treating breast pain



Our team

- Mr Alexander Ng – breast, melanoma and general surgeon
- Mr Wayne Jones – breast, general and endocrine surgeon
- Dr Eletha Taylor – breast, melanoma and general surgeon
- Dr Marli Gregory – breast physician
- Dr Sonja Freese – breast physician
- Dr Caroline Gray – breast physician
- Dr Beverley Sweeten-Smith - breast physician

For all referrals and enquiries Ph: (09) 522 1346

Fax: (09) 522 1343

Email: info@breastassociates.co.nz, Healthlink EDI: breastmk

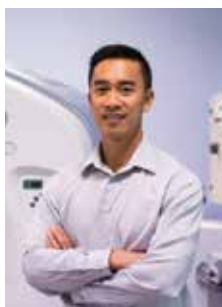
The Auckland Radiology Group

is very pleased to welcome Dr Damien Hoon as a new partner.

Dr Hoon is a graduate of Auckland University Medical School, who also undertook his radiology speciality training in Auckland. He has subsequently completed a fellowship in musculoskeletal imaging in Albury, New South Wales, and then worked in Canberra for two years, as part of the team providing imaging services to the Australian Institute of Sport.

He has a wide range of expertise in all areas of musculoskeletal imaging and intervention, with a particular interest in spinal interventional procedures. Damien also has a half time position at Middlemore Hospital, where he is co-section head of MRI, and is actively involved in the NZ Bone and Soft Tumour Registry.

**For appointments please use our online booking facility at
<http://arg.co.nz/appointment/>
or Email: bookings@akradiology.co.nz
or call the appropriate location - details found online.
www.arg.co.nz**



Dr Heidi Baker - Paediatrician

Dr Heidi Baker has established a new private paediatric service based at the Origins practice in Mt Eden, continuing the long running service originally provided by Simon Rowley.

Heidi studied at Melbourne University and trained at the Royal Children's Hospital, Melbourne until moving to New Zealand 10 years ago.

Heidi has held her public commitment at Starship for 10 years and ADHB Emergency Department for the last 3 years and now welcomes referrals in private for children with all range of paediatric concerns. She has an interest in newborns and infants and personal experience with multiple births.

Urgent appointments within two weeks are available.

For all referrals and enquiries Ph: (09) 630 8275

Fax: (09) 630 8271

Email: heidi@origins-obgyn.co.nz

www.origins-obgyn.co.nz



If you are interested in profiling yourself and your services please email: info@healthpoint.co.nz or phone (09) 630 0828

Dr Mairi Wallace - Gynaecologist & Urogynaecologist

Mairi is a specialist gynaecologist with special interests in urogynaecology; prolapse and incontinence. She is currently the only urogynaecologist in private practice in Northland.

Mairi also deals with sexual dysfunction, particularly in older women, menopause and irregular or heavy periods.

She is prepared to discuss surgical and conservative treatment and both conventional and alternative forms of treatment for hormonal issues.

Mairi is ACC affiliated so can help women with complications after vaginal surgery, or childbirth.

Mairi worked as an SMO at Auckland Hospital, doing both obstetrics and gynaecology, for 13 years prior to moving to Northland.

Consulting at Cardinal Points Specialist Centre,
8 Percy Street, Whangarei.

Ph: (09) 437 4091, Fax: (09) 437 4081

Email: mairiw@cardinalpoints.co.nz



Waitemata Colorectal Specialists

are a group of specialists offering multidisciplinary management of colorectal and bowel disease for your patients.

Comprising colorectal surgeons, gastroenterologists and oncologists we cover a broad spectrum of conditions including upper GI endoscopy & colonoscopy, pill cam endoscopy, laparoscopic & open surgery for benign and malignant disease, outpatient treatment of haemorrhoids, endo-anal USS for incontinence, combined surgical, gastroenterological & oncological assessment, management of complex inflammatory bowel disease, hydrogen breath testing, ano rectal manometry & bowel screening.

Based at 15 Shea Tce, Takapuna, we offer a wide variety of appointment times with satellite clinics available at Henderson, Westgate & Silverdale.

For all referrals and enquiries Ph: (09) 441 2750

Fax: (09) 441 2759

EDI: waitemas, Email: consult@wsurg.co.nz



Ponsonby Ultrasound Clinic provides a full range of ultrasound services covering musculoskeletal, general, small parts, gynaecology, paediatrics and steroid injections. It is also a clinic that is highly specialised in obstetrics. This includes 3/4D ultrasound, foetal echocardiography and full Doppler assessment for high risk pregnancies including twins. They also offer 3/4D assessment for gynaecological scans (female pelvis) and techniques to aid the diagnosis of deep infiltrating endometriosis.

Customer Call Centre for appointments on: (0800) 272 346.

Referrer appointments and reports please call our Referrer Hotline on: (0508) 397 7377.

Referral forms are available on request through our customer service representative.

www.ponsonbyultrasound.co.nz

Dr Magdalena Biggar - Breast, Endocrine & General Surgeon

Magda is a breast, thyroid and general surgery specialist. She is a consultant at Middlemore Hospital and a visiting surgeon at MercyAscot and Ormiston hospitals. Magda is available for consults in South/East Auckland and centrally.

Her main areas of experience are:

- breast disease (breast cancer; breast symptom assessment & surgery)
- thyroid and parathyroid surgery
- gallbladder surgery
- hernia surgery
- haemorrhoids

"I work hard to look after your referrals"

Central consulting:

17 Gilgit Rd, Epsom Ph: (09) 623 7410

South/East Auckland:

Ormiston Surgeons (Ormiston Hospital) Ph: (09) 277 8249

EDI: akicolor, Email: team@mbsurgery.co.nz

www.magdalenabiggar-surgery.co.nz



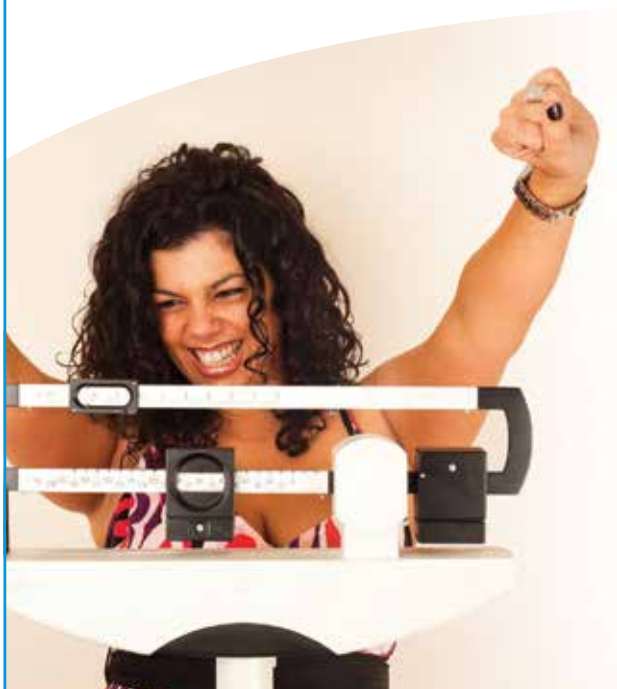
www.healthpoint.co.nz



Ormiston Weight Loss Service



Ormiston Hospital



OWLS is intended to offer our community a surgical choice and clinical support to assist in people taking ownership of their health and moving forward to a greater place of wellness.

Bariatric surgery assists in weight loss and may be recommended as a last resort when diet, exercise and medication have not been successful and if obesity related conditions such as heart disease, asthma, high blood pressure, sleep apnoea and type II diabetes have worsened, among other problems.

The aim of the surgery is to reduce the food-holding capacity of the stomach so the patient has a feeling of fullness after eating very little.

Without hunger pangs, the person tends to lose interest in overeating and is more likely to stick to a low-kilojoule diet.

When patients choose OWLS for their surgery, they choose the most experienced surgeons, and are cared for in the well-established Ormiston Hospital located in south/east Auckland.

The team at Ormiston offers a multidisciplinary approach leading up to and following surgery. We are dedicated to offering our patients a complete and comprehensive service with the best level of care through their journey to improved health.

Contact us today on 09 926 5821

or email kirstyp@ormistonhospital.co.nz

www.ormistonhospital.co.nz

125 Ormiston Road, Flat Bush, Auckland 2019

12181

Dr Jeanie McDonald

BSc (Hons), PhD, MBChB, FRANZCOG
OBSTETRICIAN & GYNAECOLOGIST

Women's Health

a: Northcross Specialist Centre

950 East Coast Road, Northcross 0632

Ph: (09) 477 3775, Fax: (09) 475 6759

Email: enquiries@womenshealth.org.nz

EDI: apollowh



Dr Jeanie McDonald is an obstetrician and gynaecologist who has been in private practice for 15 years. Jeanie is passionate about all aspects of women's health and provides a caring, safe, compassionate environment for all women. Dr McDonald is an experienced laparoscopic surgeon who operates at Southern Cross Hospital, North Harbour. Dr McDonald attends regular conferences keeping up to date with the latest technology and treatments. Dr McDonald can also be found under the group practice 'Beginnings' for obstetric care.

Areas of Specialisation:

- Colposcopy and LLETZ Treatment
- Full range of Laparoscopic surgery including Laparoscopic treatment of Endometriosis and Laparoscopic Hysterectomy
- Laparoscopic Investigation and Treatment
- Hysteroscopic Surgery
- Urogynaecology
- Full Urodynamic Services & Incontinence Surgery
- Infertility, Endometriosis
- Vulvar Diseases
- Recurrent Miscarriage
- Treatment and Management of fibroids
- Full range of surgical options for Pelvic Organ Prolapse and Pelvic Floor Repair
- Pelvic Pain
- Uterine Bleeding
- Mirena IUCD and Contraception
- Ovarian Cysts
- Obstetrics Care – under the group practice 'Beginnings'





SPECIALIST RADIOLOGY + MRI
GREENLANE + MANUKAU

Specialist Radiology and MRI Limited (SRG) is a radiologist owned practice with an experienced team of fellowship trained radiologists and support staff providing a wide range of general and subspecialty radiology services including Musculoskeletal, Neuroradiology and Body Imaging.

Services include:

- 3 Tesla MRI
- CT Scanning
- X-ray
- General and Musculoskeletal US
- Musculoskeletal and General Intervention: Joint and soft tissue injections/biopsies
- Spinal intervention: Nerve root, facet joint and epidural injections

P 0800 774 9729 (SRG XRAY) **F** 09 522 0787 or 09 524 7529 (MRI)
M PO Box 74425, Greenlane, Auckland **E** reception@srgmri.co.nz
www.srgmri.co.nz



Waitemata Endoscopy is an advanced endoscopy centre developed in partnership with Southern Cross Hospitals Limited in order to provide the most comprehensive private endoscopy service to the North Shore, North and West Auckland.

This experienced team of endoscopists bring a combination of advanced clinical knowledge in endoscopy and international training to the centre which, combined with the very best technology, ensures your patients receive the best and most comprehensive endoscopy services.

Our team based approach with some of New Zealand's leading specialist physicians and surgeons offers benefits for patients presenting with more complex cases.

Should your patients require admission for inpatient preparation or anaesthetic support this can easily be arranged within the hospital facilities.

Please contact us for assistance with managing your patient's endoscopy needs.

For all referrals and enquiries

Ph: (09) 925 4449, Fax: (09) 925 4450

Email: admin@waitemataendoscopy.co.nz

Healthlink EDI: sxhospwe



MERCY ANGIOGRAPHY



Interventional Radiology Associates New Zealand



Dr Brendan Buckley
Interventional
Radiologist

Brendan is a senior interventional radiologist working at Auckland City Hospital and Mercy Angiography. Over the past 10 years he has introduced new image guided surgery techniques to both public and private practice, and has established the only dedicated private practice for interventional radiology. Brendan is able to see patients directly for initial consultations to discuss treatment options in detail. He can help patients understand if they are suitable for minimally invasive image guided surgery and is able to provide a wide range of procedures for patients, including:

- Fibroid embolisation for symptomatic uterine fibroids and adenomyosis
- Varicocele and ovarian vein embolisation
- Image guided portacath insertion under local anaesthetic
- Tumour ablation for kidney and liver tumours. Brendan has expertise in radiofrequency ablation, microwave ablation and cryoablation
- Endovascular treatment of arterial disease

Brendan is a Southern Cross Affiliated Provider for endovenous treatment of varicose veins.

For further information and appointments contact:

Interventional Radiology Associates at Gilgit Road Specialist Centre
Ph: (09) 623 7506, Fax: (09) 630 6960

Email: drbuckley@interventionalradiology.co.nz

Website: www.interventionalradiology.co.nz

Or Mercy Angiography (09) 630 1961

Auckland DHB

WALK-IN SERVICE FOR X-RAYS AT GREENLANE

Getting a plain x-ray for your patients just got a lot easier.

The Radiology Department at **Greenlane Clinical Centre** wants you to send all your "plain x-ray" patients in the same day or the next day as a "walk-in". This policy is effective immediately.



Procedure for making a "Walk-In" referral

- Make an eReferral as usual and send it electronically.
- Type the words "WALK-IN" at the beginning of the text field under "clinical information".
- **Print a copy and give it to the patient. (This is a new step)**
- Advise the patient that they should not wait for an appointment letter from Greenlane, but should go to the hospital that day or the next day.

We will have received your eReferral instantly and so they will be expected. They can attend **Greenlane Radiology** any time between 0800hrs and 1645hrs Monday to Friday but the least busy times of the day are 1500hrs to 1645hrs.

RULES

1. This new policy applies only to plain x-rays and does not apply to ultrasound, CT, or MRI.
2. This new policy applies only Monday to Friday and does not apply at the weekends.
3. This new policy applies only to Greenlane Radiology (ADHB) and does not apply to the DHB radiology departments at Starship, Middlemore, North Shore or Waitakere hospitals.

The rules for these other hospitals are printed below:

North Shore Hospital – 0830hrs to 1630hrs. A walk-in service offered for CXRs ONLY - but please phone first: 486 8920 ext 2769 (NSH) OR ext 6720 (Waitakere Hospital).

Middlemore Hospital – 0830hrs to 1615hrs. A walk-in service offered for CXRs only but you can get other plain x-rays if urgent by phoning ahead to: (09) 276 0044, ext: 8919

Radiology imaging done overseas

The public hospital radiology departments at the three Auckland DHBs are getting an increasing number of referrals based on a "patient reported" radiological abnormality detected while the patient was overseas. The request from the GP is for a follow up imaging exam, and usually the request is not accompanied by a written report from the foreign radiologist, nor are images provided.

- If the patient is symptomatic – please make your referral for imaging based on the history and examination.
- If the patient is asymptomatic – we cannot process your request without a copy of the previous images on CD, PLUS a written report from the radiologist translated into English.

Please do not send requests for repeat imaging into the public hospital based on previous overseas images, without this CD and report. If you do, your referral will be returned to you. If the patient has been able to afford to pay for imaging overseas, it is likely they can afford to pay for follow up imaging. Try to preserve the overburdened public hospital resource for patients who cannot afford to go privately.

Other service changes

Three patient experience videos went onto the CVICU & CVHCU site in December <http://www.healthpoint.co.nz/public/intensive-care/auckland-dhb-cardiothoracic-and-vascular/>

Updated primary care management guidelines for haemorrhoids/anal fissure and for pruritis ani <http://www.healthpoint.co.nz/public/general-surgery/auckland-dhb-general-surgery/>

Counties Manukau Health



PRIMARY CARE REFERRALS TO MENTAL HEALTH: E-REFERRALS PLEASE



The mental health eReferral form has been available in the eReferrals suite since March 2015 and we would like to thank those who already use the electronic form. Mental health now requests all referrals into its service to be in the form of eReferrals. This is the safest form of transmission of your referrals, and our service is now configured to rapidly triage eReferrals in order to respond to you and your patients in the most efficient manner.

We request that urgent referrals - referrals that require a response within 72 hours - are also sent in electronically, with a phone call to the single point of contact (Adult: (09) 261 3700, Child and Adolescent: (09) 265 4000; Older adults: (09) 270 9797).

Contact Paula.Nes@middlemore.co.nz if you have any queries.

Northland DHB



Service changes

The Health of Older People's service has added a new document outlining details of the Community Gerontology Specialist Nursing Team.

The information includes criteria and what they provide for the following nursing support: post-discharge care co-ordination nursing, clinical nurse specialist-gerontology and the clinical nurse specialist-fracture liaison service.

- WDHB Community teams have moved.

- Our community teams have been relocated to Karaka Street, Takapuna.
- Location details for the following services changed to North Shore - Te Whare Karaka, Takapuna:
 - Dietetics Community
 - Occupational Therapy Community
 - Physiotherapy Community
 - Social Work Community

Waitemata DHB



Trial to improve equity in bowel screening participation



Waitemata PHO, ProCare and Waitemata DHB's BowelScreening pilot are trialling a bowel screening participation incentivisation scheme. Payment will acknowledge extra effort required to increase participation in groups with low screening rates.

The trial started in February and will end by 31 December 2016.

Evidence shows that people are more likely to participate in bowel screening when they are encouraged by their doctor. The small increase in numbers that you and your team can make will result in a big difference to participation rates for groups with low screening rates.

For details of how the trial will work please go to Healthpoint and use the search box on the front landing page by typing in 'Bowel Screening'. This will bring up Waitemata DHB Bowel Screening. Ensure you are logged in as a medical professional and you will find all the details under 'Scope of Service'.

Other service changes

- WDHB Breast Service info is now incorporated into the General Surgery page instead of its own page <http://www.healthpoint.co.nz/public/general-surgery/waitemata-dhb-general-surgery-services/?medpro=show>
- Additional information has been added to the "Healthy Babies Healthy Futures" programme to WKH and NSH Maternity pages <http://www.healthpoint.co.nz/public/maternity/north-shore-hospital-maternity-services-waitemata/?medpro=show>

Regional news:

Helping to reach the Smokefree health target

The metro-Auckland District Health Boards (Auckland, Waitemata and Counties Manukau District Health Boards), and their Primary Care Smoking Cessation team, would like to invite you to an upcoming CME/CNE Stop Smoking Seminar on Wednesday 6th April 2016 at Sorrento In The Park, One Tree Hill Domain. Attendees are welcome to arrive at 18:00 for networking and a light bite to eat ready for an 18:30 - 20:30 programme.

The purpose of the event is to have a CME/CNE session for all general practices and practice nurses in metro-Auckland with the national clinical leaders of Smokefree. This is an opportunity to have discussions of clinical relevance on how to support stopping smoking in primary care. The aim is to give a training update with the focus on how to support clients to make evidence based quit attempts.

This evening is open to all GPs, practice nurses, other health care professionals and service providers that integrate with primary care services in the community who may be interested in attending. CME/CNE points will be earned by attending the seminar.

Please register your interest with Maria or Georgina by Wednesday 30th March 2016.

georgina.mckenzie@middlemore.co.nz (021 221 7099)

Counties DHB

maria.Lafaele@waitematadhb.govt.nz (021 582 794)

Auckland DHB & Waitemata DHB



Southern Cross Hospitals announces further expansion on North Shore

Southern Cross' North Harbour hospital is expanding for the fourth time in its 24 year history – to keep pace with demand for elective surgery within the local community.

Since opening, with four theatres, the hospital has grown to accommodate around 90 specialists across eight modern theatres and cares for 7,000 patients annually.

New post-operative patient recovery facilities and two state-of-the-art theatres are in the process of being added at the Wairau Road site.

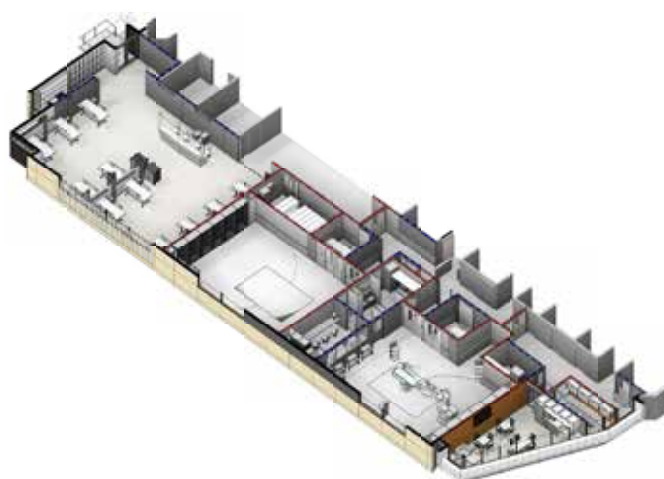
A new 'hybrid' theatre, equipped with advanced medical imaging devices, is just part of the redevelopment under way.

Jeanette Kini, North Harbour hospital campus manager, says these redevelopments further cement Southern Cross' commitment to delivering an outstanding service to the community.

"The investment we're making will allow us to expand the range of surgical specialities we can offer to patients and allow medical specialists already on the campus to offer more complex spinal, orthopaedic and upper gastrointestinal surgery," she says.

"Our hybrid theatre will function as a conventional operating theatre with the benefit of state-of-the-art imaging, usually only found in radiology facilities, and we're very excited about the benefits. With the movement towards minimally-invasive surgery aimed at reduced pain, trauma, blood loss and recovery time, this is a welcome development to our service offering."

The current phase of redevelopment is scheduled to finish no sooner than July 2016.



If you want to know more about our organisation, services and facilities - or access profiles of medical specialists operating at our hospitals, visit us online at www.southerncrosshospitals.co.nz.

Southern Cross Hospitals Limited, Level 10, AMP Centre, 29 Customs Street West, Auckland