

info matters

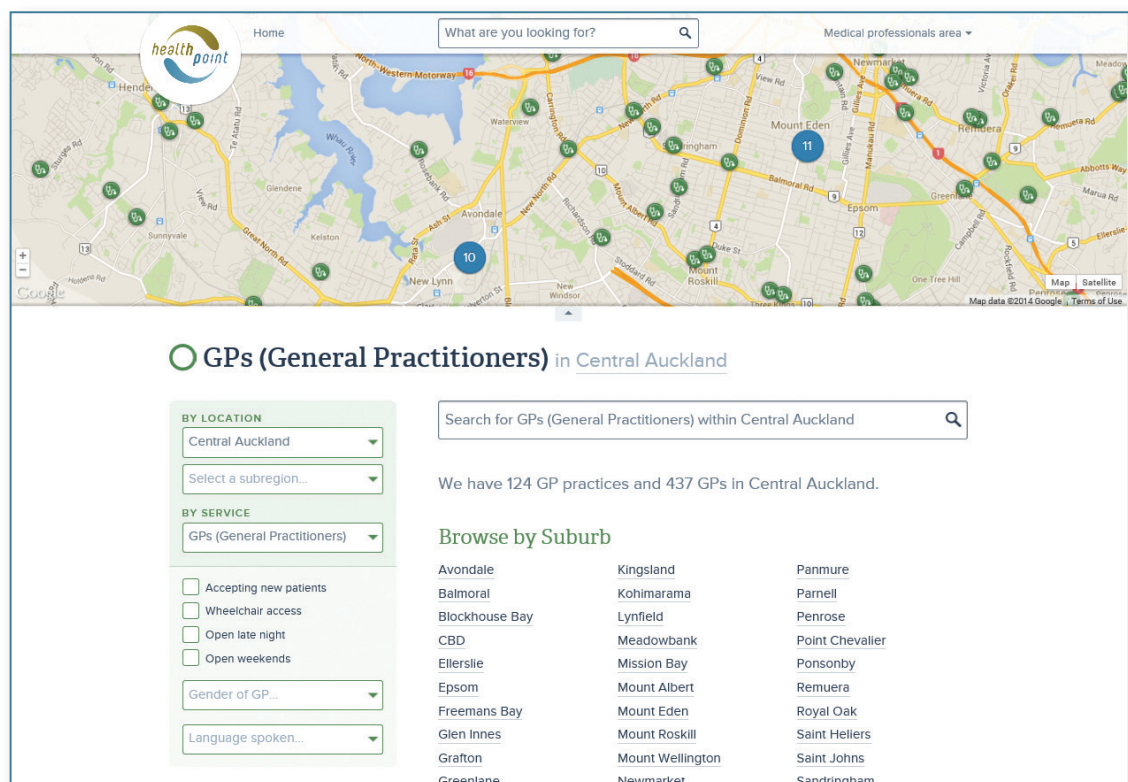


A newsletter to Medical Specialists and GPs throughout the Auckland, Hamilton and Northland regions

July 2014

Healthpoint News

People-focused health service information website Healthpoint delivers innovation.



Health services are working together to create an environment in which individuals, families/whanau and communities can take greater control over their lives to maximise health & wellbeing. This model of partnership between health providers and the community is supported by the newly redeveloped Healthpoint website. Healthpoint provides information that is relevant for a particular person based on where they live and work and their preferences.

www.healthpoint.co.nz uses maps and intuitive functionality on desktops or mobile devices to help

- find a doctor in their neighbourhood accepting new patients, who is open late nights and speaks Mandarin
- find a doctor by gender
- find an LMC provider including midwives and how to best contact them
- find a medical specialist who performs a specific procedure or investigation.

Healthpoint presents health service providers who are geographically close and relevant to a particular person. This will support people to make more informed decisions, thus facilitating consumer engagement and enhancing two-way communication. This is a very important component in contributing to better health outcomes. Within the next month community pharmacy services throughout the greater Auckland will be added to the site.

The redeveloped Healthpoint website will be launched 1st August 2014.

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

www.healthpoint.co.nz

Dr Ajith Dissanayake –

Endocrinologist/Specialist Physician

Ajith is a NZ and UK trained endocrinologist. He has been with Counties Manukau Health for nearly 20 years and offers private clinics at East Care specialists in Botany and eastMED specialists in St Heliers.

Ajith welcomes referrals for patients needing specialist care in endocrinology, diabetes and internal medicine. His interests include:

- thyroid, parathyroid disorders including thyroid fine needle aspirates
- diabetes including assessments for insulin pump requirements
- metabolic bone disease including osteoporosis
- PCOS
- male sexual dysfunction management
- pituitary, adrenal and other endocrinopathies
- endocrine hypertension, other difficult to treat hypertension.

Appointments

East Care Ph: (09) 277 1540, Fax: (09) 277 1559

eastMED Ph: (09) 585 0190, Fax: (09) 585 0195

Mobile: (021) 977 839, Email: amdiss@middlemore.co.nz



Mr Douglas Barclay – Gynaecology Surgeon

Douglas is a UK trained gynaecologist with special interests in minimal access surgery including laparoscopic treatment of endometriosis and ovarian cysts, laparoscopic hysterectomy and operative hysteroscopy. At Ascot Central Women's Clinic he provides these services as well as general gynaecology care.

He has been a consultant at Middlemore Hospital for 5 years. He is passionate about education and has introduced New Zealand's first gynaecology laparoscopic training programme using Laparoscopic Simulators – computers on which trainees can be assessed performing minimal access skills.

Enquiries Ph: (09) 520 9361, Fax: (09) 520 9362
www.ascotwomensclinic.co.nz



Dr Brendan Buckley – Interventional Radiologist

Brendan trained in surgery in London, and then radiology in Oxford. He has two fellowships in interventional radiology, from Oxford and the University of British Columbia, Canada. He has been a consultant interventional radiologist at Auckland City Hospital since 2004.

Brendan established Interventional Radiology Associates, the first dedicated interventional radiology clinical practice in Auckland, allowing patients to discuss new treatment options in detail. Interventional radiology is an exciting specialty using minimally invasive image guided techniques to perform a wide range of procedures that can replace the need for surgery. Some of the procedures offered include:

- fibroid embolisation for symptomatic uterine fibroids
- varicocele and ovarian vein embolisation
- image guided Portacath insertion under local anaesthetic
- kidney and liver tumour ablation and embolisation
- endovascular treatment of peripheral arterial disease

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

Or Mercy Angiography Ph: (09) 630 1961



Dr Madhav Menon - Cardiologist

Dr. Menon is a consultant interventional cardiologist, specialising in coronary interventions including chronic total occlusions. Following completion of FRACP medical training in Hamilton, NZ he continued a research and interventional cardiology fellowship at the University of Minnesota, USA.

Dr Menon has been a consultant cardiologist at Waikato Hospital since 2008 and offers a private practice with Cardiac Services Ltd (1 Dawson Street) and also at Radius Medical in Rototuna.

Interests include:

- cardiorespiratory testing
- ECG with interpretation
- 24/48 hour digital Holter and blood pressure monitoring
- primary and secondary prevention of cardiovascular disease
- coronary angiogram, coronary angioplasty
- coronary physiology with fractional flow reserve
- intravascular ultrasound and optical coherence tomography
- complex coronary interventions
- chronic total occlusion angioplasty
- rotablation
- refractory angina management
- CT coronary angiography.

For appointments and enquiries

1 Dawson Street Ph: (07) 839 7664, Fax: (07) 839 7663

Radius Medical, Rototuna Ph: (07) 852 5377



Mr Murali Mahadevan – Otolaryngologist, Head & Neck Surgeon

Mr Mahadevan continues to work in both the public and private sector. He is the clinical director/surgeon at Starship Children's Hospital and is also a senior lecturer with the Department of Surgery, University of Auckland.

His main practice is located at Gillies Hospital, and also visits Warkworth on a monthly rotation.

Murali has particular interest in seeing patients within the following areas:

- all aspects of paediatric ENT
- adult & paediatric neck lumps
- surgery for snoring & OSA
- surgery for node and sinus

Appointments in Auckland and Warkworth

Ph: (09) 925 4050, Fax: (09) 631 1951

www.entdoctor.co.nz

Urgent appointments also available – call Linley on: (021) 770 681



Murali Mahadevan
Otolaryngologist, Head & Neck Surgeon

Mr Dean Mistry – Spine Surgeon

Dean is a NZ trained orthopaedic spine surgeon with further extensive training in spinal surgery in both Sydney and Vancouver. He has interest in all aspects of spinal pathology and treatment, both operative and non-operative. He performs procedures on lumbar, thoracic and cervical pathology such as microdiscectomy, fusion surgery and cervical discectomies and fusions.

His consultation rooms are at Ascot Office Park and he operates at Southern Cross Brightside, Mercy and Ascot hospitals.

Routine appointments are available for your patients in 3 – 4 weeks and urgent appointments are within 2 weeks if your patient requires assessment sooner.

For appointments Ph: (09) 523 7052, Fax: (09) 522 0782

Email: dean@orthopaedicsurgeon.co.nz

www.orthopaedicsurgeon.co.nz



Mr Dean Mistry FRACS
Spine Surgeon
Orthopaedic Surgeon

Dr Rinki Murphy – Diabetologist and Obesity Physician

Dr Rinki Murphy is a diabetologist and physician working at Auckland DHB and Counties Manukau Health and in private practice at the Mercy Specialist Centre. Rinki's referral interests and expertise include the management of adults and adolescents with:

- obesity and disorders associated with obesity (including medical supervision of very low calorie diet programme)
- diabetes – diagnosis and management including insulin pumps
 - investigation for genetic etiology of familial atypical diabetes (see monogenic diabetes guidelines on www.nzssd.org.nz)
 - management of monogenic diabetes: Maturity Onset Diabetes of the Young (MODY) or maternally inherited diabetes and deafness (due to a mitochondrial genetic disorder)
- metabolic syndrome
- severe insulin resistance
- lipodystrophy
- polycystic ovary syndrome (PCOS) and hirsutism.

For appointments and enquiries Mercy Specialist Centre
Ph: (09) 623 1170, Fax: (09) 623 1172



The Women's Clinic from Stephanie Ulmer

The Women's Clinic is a unique surgical practice from Stephanie Ulmer providing consultation and operations specifically for women. Its primary aim is to provide the best specialist advice and surgical care available for women in New Zealand.

Stephanie Ulmer is a NZ trained surgeon with specialised expertise and training in weight loss (obesity) surgery and breast surgery.

Sometimes surgery is required and sometimes not but at The Women's Clinic we apply a great deal of time and effort to identify each individual's specific needs through a personal consultation process.

For appointments and enquiries
122 Remuera Road, Ph: (09) 524 8887, Fax: (09) 524 8889
More information at www.womensclinic.co.nz



Mr Simon Edmonds – Gynaecological Surgeon

Simon is a dual trained surgeon and gynaecologist with a special interest in severe endometriosis and advanced laparoscopic procedure for ovarian cysts, fibroids and hysterectomy. He performs colposcopy, hysteroscopic surgery, pelvic floor repairs and sees patients with chronic pain.

He is the training programme director for the Australasian Gynae Endoscopy Society (AGES) advanced fellowship programme, at the only unit currently accredited in New Zealand. He also works closely with primary care running a menorrhagia pilot programme and the virtual gynaecology referral clinics at Middlemore Hospital.

Enquiries Ph: (09) 520 9361, Fax: (09) 520 9362
www.ascotwomensclinic.co.nz



Auckland Plastic and Cosmetic Surgical Centre (APCSC)

is partnering with Remuera Surgical Care (RSC), top floor OneHealth building, 122 Remuera Rd, to provide GP's patients with a state-of-the-art high quality outpatient operating facility for LA or LA/sedation for skin cancer treatment.

They offer GA day-stay or overnight stay for extensive skin cancer cases or hand, cosmetic and endoscopic surgery.

They specialise in quality surgery for treating difficult facial BCCs, SCCs and melanoma with direct excision or skin flap or skin graft repair. A Southern Cross affiliated provider contract is under negotiation.

The OneHealth building is centrally located and easy to access with free basement parking for patients. On-site pathology services are available, supporting our prompt and efficient service.

Cosmetic surgery offered includes all aspects of face-lifting and blepharoplasty, rhinoplasty, otoplasty and facial volume restoration with facial implants, fat-grafting or injectable fillers.

Breast augmentation, reduction, reconstruction plus abdominoplasty and ultrasonic Vaser liposculpture/liposuction are regularly performed. We also offer a body contouring service which includes pectoral, sternal, buttock and calf implants plus reduction of excess skin after significant weight loss.

Contact Hilary Hope-Sotherton for an appointment with either Martin Rees or Tristan de Chalain, both registered Plastic Surgical specialists.

Ph: (09) 522 0652, Email: hilary.apsc@ihug.co.nz
www.plassurg.co.nz or refer via EDI: plassurg



Dr Andrew Cho – Otolaryngologist

Auckland ENT Group is delighted to welcome Dr Andrew Cho, FRACS. Dr Cho has returned from a fellowship in the United States where he was visiting professor in the head and neck reconstructive unit. Andrew brings a wealth of experience in all aspects of ENT surgery, particularly cancer care, laser surgery and reconstruction.

Auckland ENT Group is a comprehensive ENT specialist service offering all aspects of ENT care and providing on-site audiology services. We see acute patients within 2 working days and offer in-office gastroscopy, laser surgery, vocal fold augmentation, as well as all aspects of general ENT.

Appointments in Epsom, Albany and Silverdale
Please Ph: (09) 522 2226, Fax: (09) 522 2224
www.aucklandent.co.nz



Dr Nigel Patton - Haematologist

Nigel is currently a senior haematologist with Auckland DHB, where he is lead clinician of the internationally accredited adult bone marrow transplant program.

He now offers a private service with appointments available at the OneHealth General Practice, 122 Remuera Road.

Nigel is well placed to give a quality opinion and treatment including chemotherapy to patients with haematological disorders on the basis of his extensive experience and strong clinical, laboratory and research credentials.

For appointments and enquiries
Ph: (09) 522 2800, Fax: (09) 522 2616
www.theblooddoctor.co.nz



Mr Amber Moazzam – Plastic Surgeon

Mr Amber Moazzam is a plastic surgeon with over 20 years' experience.

He is a consultant to the Auckland Regional Burn and Plastic Reconstructive & Hand Surgery Services at Middlemore Hospital.

Amber's private service is conveniently located at Botany Town Centre and Airport Doctors. Surgery is performed at Ormiston, Hospital.

His particular areas of interest are:

- breast – reduction, reconstruction, augmentation
- hand surgery – carpal tunnel, dupuytren's, trigger finger
- skin – cancer, Botox, burn scar surgery, abdominoplasty, otoplasty
- burns.

For appointments and enquiries

Botany Town Centre Ph: (09) 271 3344, Fax: (09) 271 3345

Airport Doctors Ph: (09) 256 8655



The Phobic Trust – Anxiety Clinic (Under new Management)

The Phobic Trust – Anxiety Clinic is a registered charitable trust established in New Zealand to provide specialist treatment, education and support specifically to anxiety disorder sufferers.

The Anxiety Disorders Clinic at St Lukes is now under new management and provides specialist treatment for anxiety disorders and associated issues via a multidisciplinary clinical team. Nationally, the 24 hour 0800 phone line helps thousands of people all over the country who are in crisis; suffering from panic attacks and phobias with nowhere else to turn. This number is 0800 14 ANXIETY (0800 14 2694) and is available 24 hours a day. As well as our support groups, the Trust has a variety of workshops and resilience programmes for children and youth now available.

Referrals are accepted from general practitioners, the community mental health services, CADs (community alcohol and drug services), mental health workers, the courts, school counsellors and other health professionals.

Please Ph: (09) 846 9776, Fax: (09) 849 2375



GreenLight Urology

Specialist Laser
Treatment of BPH

Greenlight Thulium Laser Prostatectomy

Since introducing this new German technology to New Zealand last year Chris Hawke has performed over 50 procedures with excellent outcomes. Most men can have their catheter removed on the day of surgery as soon as the spinal has worn off and, after an overnight voiding trial, are home after breakfast the next day.

Greenlight Thulium laser surgery is rapidly becoming the standard of care in Europe due to its accuracy and excellent safety.

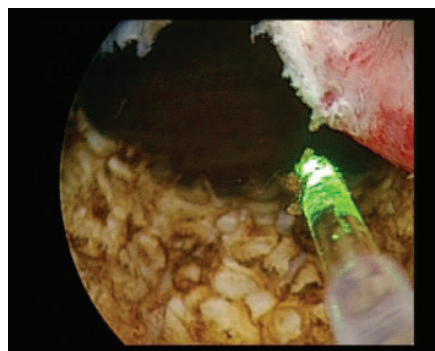


Fig 1. During procedure



Fig 2. Completed procedure

Demonstration Open Evening – Thursday 7th August

We will be demonstrating this surgical breakthrough at an open evening at Southern Cross North Harbour on Thursday 7th August at 7pm.

If you're interested in attending please RSVP to Lynsey at reception@hawkeurology.co.nz

Laser Ureteroscopy

Chris is also pleased to announce that in conjunction with Southern Cross North Harbour, Greenlight Urology will now be able to offer ureteroscopic stone management locally whereas previously it was only available in the city. We have the latest Holmium stone laser which can fragment ureteric stones virtually into dust.

Prostate Cancer Diagnosis and Treatment

We have extensive experience in minimally invasive surgery and brachytherapy as well as having expertise in the latest diagnostic strategies to recommend active surveillance when appropriate.

Now at Southern Cross – North Harbour

In addition to our long established clinics at Ascot, East Care and Pukekohe we are pleased to both consult and operate on the North Shore.

Harnessing the power of 3D

A state-of-the-art 3D HD surgical video system in use at Southern Cross' Brightside hospital has the ability to transform the way laparoscopic surgeries are carried out. The Olympus 3D HD system is the first of its kind in New Zealand, and delivers huge advantages to surgeons and patients.

John Drinkwater, theatre manager, says the Olympus 3D HD system restores the depth perception that was lost when surgeries moved from the traditional open procedure to the less invasive laparoscopic technique. "One of the greatest challenges for surgeons performing laparoscopic procedures has been hand-eye co-ordination within a three dimensional scene that can only be viewed in two dimensions. This system essentially provides a realistic view of the tissue being worked on." Having an improved spatial view of the anatomy contributes to faster, safer and more accurate suturing, grasping and dissection during difficult surgical tasks, and is particularly beneficial in the identification of blood vessels and nerves.



Medical specialists are now working with the new 3D HD technology



Overseas researchers conclude that laparoscopic training on a 3D system could shorten the learning curve for surgeons - eliminating the need to overcome the loss of stereoscopic vision. The increased precision and accuracy facilitates more efficient surgeries, reducing the amount of time a patient spends under general anaesthesia.

Following an earlier trial on the new equipment, urological surgeon, [David Merrilees](#) (pictured above, with gynaecologist [Dr Padmaja Koya](#)) indicated he now has increased confidence to undertake more complex surgeries. The Olympus 3D HD system is now fully operational, and demonstrates the hospital's commitment to providing the best possible service to the community.

Brightside services constantly evolving

Intermediate Care Facility

Southern Cross' Brightside hospital offers access to an Intermediate Care Facility (ICF), a specialised post-operative ward specially designed to cater for patients who unexpectedly require some extra post-surgical care.

The ICF includes a capability for invasive monitoring (such as arterial lines) and medical infusions, and a 24-hour monitoring service, and nurses staffing the ICF have received specialised training.



An ICF interior

This supports the care of patients with medical issues - such as heart or blood pressure conditions - that have the potential to cause complications during or after surgery.

Brightside Brachytherapy

Brightside was the first private hospital in New Zealand to provide facilities for specialists who offer prostate brachytherapy, a high-tech procedure and a most appropriate treatment option for some men with early prostate cancer. It was originally introduced there by Prostate Implants New Zealand, and the advantages of brachytherapy outlined by the specialists involved include the fact that it typically involves a short hospital stay, and is a minimally invasive procedure (not an operation). It may also offer patients the opportunity of a relatively early return to their usual activities, and may involve relatively few long-term side effects.

Northland DHB



Breast service:

Dr Usha Shan has taken on the clinical lead for this service and is working with the team to improve the efficiency of the service.

As part of this she has developed guidelines for both risk categorisation and recommended management of patients with a positive family history of breast cancer. This and a checklist to guide taking a family history have been developed and placed on the Breast Healthpoint site.

There has also been a revamp of the mammogram guidelines that align with the family history guidelines.

You will be referred to these documents when relevant in the electronic triage messages from the Breast service and also for those messages that relate to the virtual breast clinic.

Alcohol and Drug service:

The following documents have recently been added to this site:

- Managing your own Withdrawal: a guide for people trying to stop using drugs or alcohol
- MOH information about synthetic cannabinoids
- Synthetic cannabinoid withdrawal information sheet
- What is Buprenorphine?
- What is Naltrexone?

Auckland DHB

Community-referred laboratory transition – June update

The final stage of the transition is for histology services, which is planned for completion by October 2014.

At that time histology services provided by DML and Labtests will come under the management of Auckland DHB. For more detail on this please visit: <http://bit.ly/1x2zGok>.

GP up-skilling and training at Auckland DHB

Are you interested in learning more about the management of problems in ORL, general medicine and dermatology?

These departments within Auckland DHB have agreed to host GPs in outpatient clinics, in theatre or on ward rounds depending on your interest.

If you are interested in attending please phone Rosamond D'Souza at Auckland DHB on (09) 307 4949 ext. 23208. Leave your name, contact details and area of interest. Alternatively, you can email: rosamond@sadhb.govt.nz.

Dr Stephen Child who is organising this project will then liaise with the department and yourself to organise a suitable time.

Updated service information

Starship Paediatric Home Care

This service has included a new download for consumers or for medical professionals to pass on when appropriate.

The download includes information on what the service is, the aim, who can refer including GPs/practice nurses, hours of the service, contact details and a list of the specialised paediatric nurses who provide the community based nursing service to families whose children live or attend school in central Auckland.

A+ Links Home Health

There have been significant changes to the allied health services information for dietetics in the medical professional only section, A+ links Home Health, referral process. This includes; information required for screening dietitian referrals, appropriate referrals and screening risk (high, medium, and low), categories of inappropriate referrals and where to refer these clients.



Waitemata DHB

Outpatients

Comprehensive service information has been added to Healthpoint for the Waitemata DHB outpatients services.

Easy-to-read consumer focused information outlining the 17 components provided by the service with clear information and guidelines to patients about their individual appointment requirements – location, time and date and steps to take if the appointment cannot be met.

Other sections in the service information include:

- the 17 areas in the outpatient services listed alphabetically detailing each one
- charging for eligible and non-eligible patients
- refreshments available for visiting patients
- public transportation to / from the service
- parking availability at North Shore and Waitakere hospitals
- pharmacy
- security.



Counties Manukau Health

Counties Manukau Health Urology now live

The Counties Manukau Health Urology Service now has their own Healthpoint page. The site includes a comprehensive list of newly developed clinical guidelines and patient resources as well as the questionnaires and forms required for referrals.

Fast access to information

Using the search box is the most direct way to access information on Healthpoint. Simply type the name of the condition into the search box and hit enter. The search engine searches all service pages and the content of documents. You can refine your search results by DHB.

Accessing Clinical Pathways

Please remember there is a direct link to Healthpoint clinical pathways from the medical professionals' home page.

Recently added or amended guidelines

CM Health Ophthalmology has recently made the following updates to their information on Healthpoint.

New guidelines

- Conservative treatment of chalazia / meibomian cyst
- Conservative treatment for nasolacrimal duct obstruction in children

Recently amended

- Ophthalmology management & referral guidelines

Access, training and feedback

If you have any GPs or practice nurses new to your practice or who may like a quick training session on accessing and using Healthpoint please contact Nikki Rhind, Primary Care Communications Co-ordinator, and she will arrange a time to visit.

If you have any feedback or requests for referral information please either contact Nikki Rhind directly or click on the feedback box found on all clinical information pages.

Nikki.rhind@cmdhb.org.nz, Ph: (09) 276 0044 ext 9077



Regional News

Healthpoint Northern Region Clinical Pathways:

New Pathways added in June 2014:

- Hepatitis B
- Hepatitis C
- Cardiac Chest Pain

New Pathways added in May 2014:

- Cognitive Impairment
- Kidney Stones
- Chronic Kidney Disease (including CKD - Screening, CKD – Management and Proteinuria)

New Pathways added in April 2014:

- Atrial Fibrillation

New Pathways added in March 2014:

- Renal Disease including Management of Renal Colic and Management of Diagnosed Renal Stones

Pathways Currently in Development:

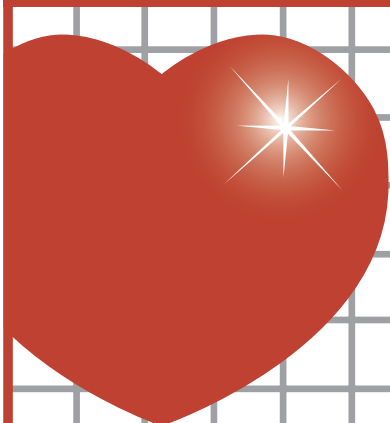
- Heart Failure
- High Risk Patient Management
- Paediatric Constipation
- Women's Health (Abnormal Uterine Bleeding)
- Irritable Bowel Syndrome
- Paediatric chronic respiratory conditions including Asthma, Chronic Cough and Bronchiectasis

Healthpoint Limited manages a web based portal of information about health services, which helps the public and referrers better understand and use health services.
www.healthpoint.co.nz

Better understanding means more effective use, leading to better health outcomes and less cost.

AUCKLAND HEART GROUP

Together, we have your best interests at heart



2014 GP SYMPOSIUM

SATURDAY, 2nd AUGUST 2014

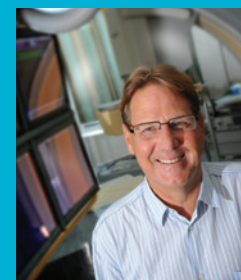
WAIPUNA CONFERENCE CENTRE

www.heartgroup.co.nz - TO REGISTER ON LINE

Resistant Hypertension: A Fully Non-Invasive Renal Denervation Clinical Trial may Benefit your Patients

Resistant hypertension is a therapeutic problem.

The sympathetic nervous system plays a major role in blood pressure control. There is a lot of historical evidence that interruption of the sympathetic nerves that run in the adventitia of the renal arteries can improve blood pressure control.



Professor John Ormiston
Mercy Angiography

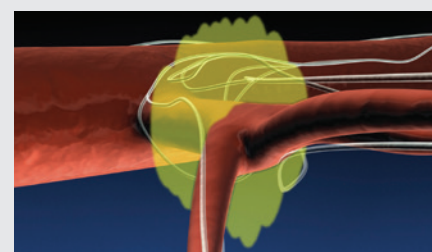
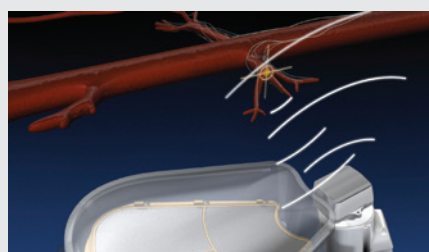
Renal Denervation in early trials using the invasive Symplicity catheter system appeared to show great promise, including in a randomised trial. Enthusiasm waned after the Symplicity HTN-3 randomised trial showed that the treatment arm was safe but therapeutically no better than the sham arm. However, this trial had problems:

- Afro-Americans who were 25% of subjects had a better sham than treatment response
- many investigators had minimal experience with the device.

After our initial results with the technology, we are very excited about the potential of a **novel completely non-invasive treatment** (no blood, no Xrays) that uses ultrasound to interrupt renal sympathetic nerves that contribute to hypertension.

The patient lies on a table and therapeutic ultrasound is delivered from the back.

An image at bottom left represents ultrasound passing to the renal artery, and the final image represents the volume of tissue heated in order to interrupt renal sympathetic nerves.



We expect to begin a trial with this completely non-invasive ultrasonic technology soon. Patients will not be charged.

Inclusion criteria include:

- office systolic blood pressure of ≥ 160 mmHg
- hypertension despite ≥ 3 anti-hypertensive drugs, one a diuretic
- eGFR ≥ 30 ml/min.

Patients can be referred directly to Mercy Angiography. Auckland Heart Group cardiologists will assist in assessing patients.

Mercy Angiography:

admin@mercyangiography.co.nz

Tel: (09) 630 1961, Fax: (09) 630 1962

For more information regarding the current trial procedure, please read **New Zealand Herald article: "Hope for blood-pressure patients"**
www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=11280198

Also, refer to Kona Medical's website: www.konamedical.com
or Mercy Angiography at: www.mercyangiography.co.nz/whats+new.html

For more information regarding the first generation procedures, refer to the documentary featured on:

TV One's Sunday programme on 17th June, 2012
tvnz.co.nz/sunday-news/through-roof-video-4933305

View video:

<https://vimeo.com/100333814>

Password: KonaMedical

Surround sound is an investigational device not available for sale.