



RODNEY SURGICAL CENTRE

happy 1<sup>st</sup> birthday

## Centre settles into period of consolidation

More than 300 medical procedures have been undertaken at the Rodney Surgical Centre, in Morrison Drive Warkworth, since it opened in October last year.

General manager Kate Wilson says changes in public and privately funded healthcare, coupled with a global recession have made it a challenging time, not only as a new facility but for any health care provider.

“Despite the challenges, the Rodney centre has started to lay the foundations to build a robust and competitive health care facility,” she says.

“We are very proud of the facilities and services we are providing, which are on a par with anything you would find in Auckland.”

Kate says the aim of the centre remains to improve access to private and public surgical services in the Rodney and Kaipara districts, through working closely with local district health boards, primary care and specialists to provide easily accessed, high quality services.

The centre currently has two state-of-the-art operating rooms – with a third planned as demand increases – a procedure room and an endoscopy service. A range of specialists hold clinics or undertake procedures at the centre including gynaecology,



General manager Kate Wilson.

eye surgery and plastic surgery.

Kate says the endoscopy service is a diagnostic procedure that is helping in the early detection of cancers. It is being well supported by GPs and referrals are continuing to grow.

“We have increased our endoscopy sessions from four to seven a month, and are presently in discussions

with an additional two respected endoscopists, who currently receive and take referrals away from the local area, regarding providing their services locally.”

The centre is also becoming the centre of choice for a growing number of cataract operations, with older residents, in particular,

finding it convenient to have the surgery performed locally.

A small team of 10 dedicated clinical and administrative staff runs the centre. This includes a number of well-respected theatre nurses with particular interest and experience in endoscopy, cataract and day surgery

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**“ Best wishes to the team at the Rodney Surgical Centre on your 1<sup>st</sup> Year Anniversary ”**

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services who between them, have more than 30 years of day surgery experience.

Kate says the centre's next 12 months will be a period of consolidation and growth.

“The capital investment has been done and we have identified our core business.

“We will continue to develop relations with Waitemata District Health Board and ACC to promote our services and secure increased funding for the provision of clinical services locally. We will also be looking to strengthen and utilise existing relationships with medical specialists and primary care to further grow clinical activity and attract new specialists.”

Kate says the centre is proud of its achievements thus far, including the recent announcement that its application for a clinical services contract with ACC was successful, starting last month through to June next year.

“The Rodney centre is one of only a

few new providers accepted by ACC this financial year.

“As well, we recently undertook a voluntary comprehensive audit by independent agency Telarc Quality Health and provisional certification has been awarded by the Ministry of Health.

“Formal certification demonstrates our commitment to quality, productivity and patient satisfaction. Patients and specialists can now be confident in our ability to deliver services to a high standard, which consistently meet their requirements.”

Kate says that while there is a sense of support from key service managers within Waitemata District Health Board for local access to public healthcare for the Rodney and Kaipara area, no outsourcing of clinical contracts has been made available as yet.

The centre has been approved to provide clinical services to WDHB as an accredited facility, on their ACC contract.



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# GPs supporting local plastic surgery Team members

Local services at Rodney Surgical Centre are going very well, according to Northland Plastic Surgery's David Crabb.

Mr Crabb says regular plastic surgical procedures are being performed that are able to be done under day-case conditions.

"Plans are afoot to extend the service for longer stays and to make a larger range of procedures available to the local community," he says.

Mr Crabb, who is a founding member of the New Zealand Foundation for Cosmetic Plastic Surgery, has recently established a breast reconstructive service and skin cancer reconstruction service. Both are going well, he says.

He has a longstanding interest in skin cancer prevention, which is incorporated into his practice as are the opportunities for patients to access the latest developments from research endeavours.

"We are providing a comprehensive service for plastics with very positive feedback. Patients are advised to consult with their general practitioner



A growing number of day-case conditions are being treated at the centre.

when discussing referral."

Mr Crabb says the service is being well supported by local general practitioners, both in terms of referrals and after care.

"We hope the Rodney Surgical Centre will continue to grow in importance and be a focus for continuing medical education and be an on going stimulus for local practitioner involvement."

The following is a list of the specialists currently using the Rodney Surgical Centre:

- Luigi Sussman, general surgeon and endoscopist
- Bill Farrington, orthopaedic surgeon (lower limb)
- Michael Boland, orthopaedic surgeon (elbow to hand)
- Mark Donaldson, eye surgeon
- Richard Hart, eye surgeon with interest in ocular-plastic surgery
- David Crabb, plastic surgeon (skin cancers, carpal tunnels and cosmetic surgery)
- Dominic Ray-Chaudhuri, gastroenterologists and endoscopist
- Pat Alley, general surgeon
- Paul Henderson, OnG surgeon
- Jonathan Koea, general surgeon and endoscopist
- Graeme Washer, general surgeon and endoscopist
- Andrew MacGill, GP with interest in skin cancer (affiliated provider to Southern Cross)

# Daylight saving brings timely reminder about sun protection

Daylight saving has started and the Cancer Society is reminding Kiwis they need to dig out their sunhats, sunglasses and sunscreen. Spring is the time when many New Zealanders can unwittingly get sunburned, as

radiation (UVR) levels are rapidly rising but temperatures can be cool, even on sunny days.

The Cancer Society advises that between September and March, you should:

- Cover as much skin as possible, wear hats that

protect the face, ears and neck and wrap around sunglasses

- Use SPF 30+ water resistant sunscreen, and reapply every two hours especially after swimming or being in water.

WARKWORTH






Dr Richard Hart now consults from the Warkworth Health & Medical Centre.

Appointments can be made by ringing his Auckland rooms on **09 307 6565**.

No referral necessary.



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Congratulations to the Rodney Surgical Centre on their first anniversary – another step forward in the provision of medical services in the region.

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## Cataract specialist in Warkworth



Dr Mark Donaldson of Eye Doctors and team perform the first cataract operation in the Rodney Surgical Centre, July 2010.



Dr Donaldson, cataract specialist now performs surgery in Warkworth.

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## Technology sparks new approach to hip problems

By Bill Farrington, orthopaedic surgeon

Hip resurfacing has had a resurgence over the last 10 years due to new techniques and technologies.

A hip resurfacing is a type of artificial hip, designed particularly for the younger, active patient. There is less bone removed at the time of surgery a large metal cap is placed onto the femoral head that has had a few millimeters of cartilage and bone shaved off it. Then a metal liner is placed into the socket of the pelvis.

There are many advantages with hip resurfacing – it is extremely hard wearing and many patients are able to get back to athletic and sporting activities. The dislocation rate where the hip can pop out of the socket is extremely low, much less than with a total hip replacement.

Preservation of the bone leaves more options for revision surgery in the future. This in turn tends to give patients a quicker recovery and better functional result.

The procedure often only requires three days in hospital. Patients are



usually off crutches and driving at about four weeks, with many being able to return to full activities shortly afterwards, with virtually a full range of movement and pain free.

There have been many developments in the materials that hip replacements and hip resurfacings are made from. Hopefully, this will enable patients to be significantly more active and for these new artificial joints to last longer than previously anticipated.

## Waitemata amalgamates PHOs

Waitemata District Health Board wants two PHOs for the Waitemata district, which includes Rodney, and will consult further on two specific issues relating to PHO configuration.

This follows consultation with stakeholders undertaken this year. The original consultation looked at whether or not Waitemata DHB should have one or two Primary Health Organisations (PHOs) in its district, a reduction from the current number of six.

Current consultation will consider whether the two PHOs should be geographically based (one in the

North and one in the West) or whether they should both be district wide, and able to offer different choices for GPs. Patients will still choose a GP under either scenario, just as they do now.

“We have chosen to undertake this additional consultation because the Board was presented with an alternative option that was not part of the initial thinking,” Board chair Dr Lester Levy says. “The concept has merit and should be considered along with the original model.”

Feedback from key stakeholders must be submitted by Wednesday October 13, at 5pm.



**Anne Kolbe** ONZM, MBBS (Hon), FRACS, FRCSEng (Hon), FCSHK (Hon), FRCSEd (Hon)

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