

WINTER 2017 NEWSLETTER



A MEMBER OF THE
GenesisCare 
NETWORK

REFERRER EDUCATION MEETINGS

Adelaide Cardiology believes that to ensure best practice, the medical community needs to be kept up-to-date with any clinical and technological advances through ongoing education. Please refer to <http://www.adelaidecardiology.com.au/medical-professionals/referrer-events> to register online for any of our upcoming educational events.

UPCOMING EVENTS

29

JUL

CATEGORY 1 EDUCATION MEETING

8.30AM-4.00PM

St Andrew's Medical Centre, Level 3, 321 South Terrace, Adelaide

Conducted by Dr Georgy Chacko, Dr Maria Santos and Professor Stephen Worthley with invited guest speakers:

Mr Michael Berce, *Vascular Surgeon*

Dr Karen Murphy, *Dietician*

Dr Lakshmi Nath, *Haematologist*

Dr Raj Singh-Rai, *Urologist*

Dr Sunita Padman, *Medical Oncologist*

Mr Simon Sandler, *Neurosurgeon*



Online educational course now available via eMedici

<http://www.adelaidecardiology.com.au/medical-professionals/emedici-interactive-case-studies>

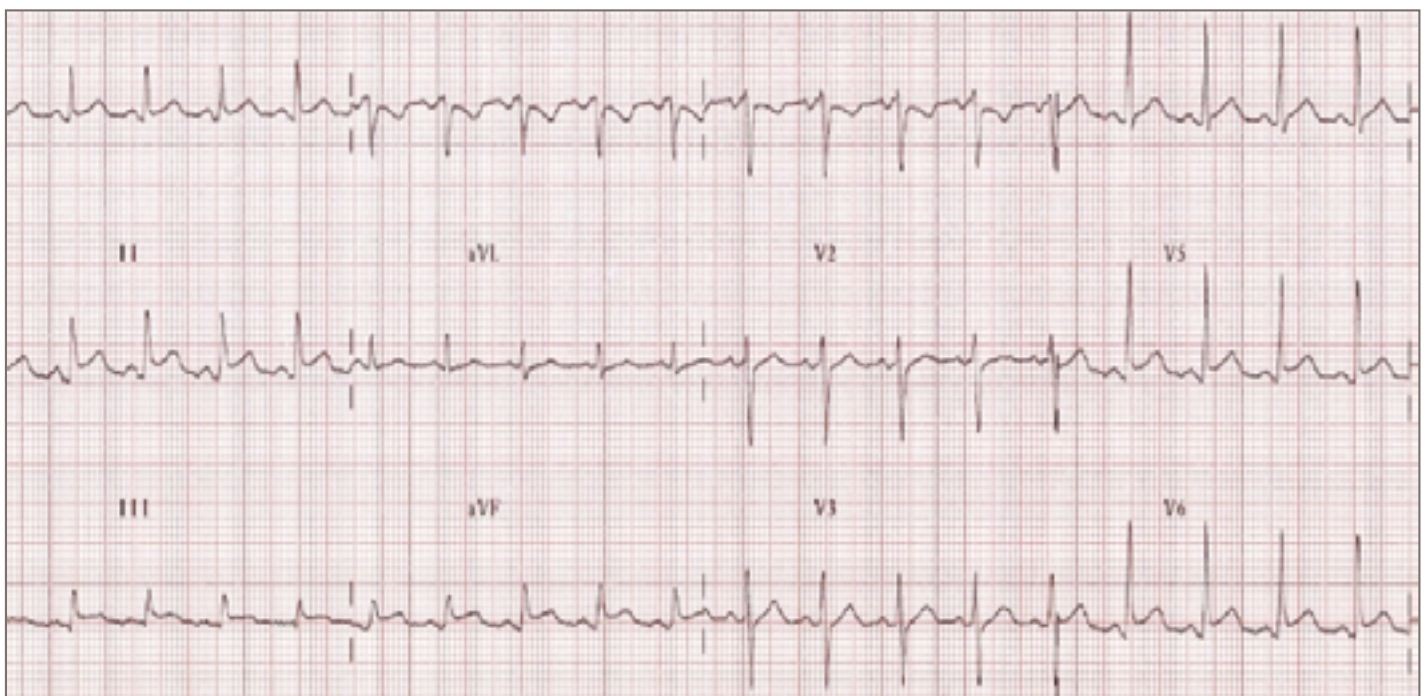
*eMedici is an education resource containing clinical case studies, examination material and topics for continuing professional development

Please register your interest via email at
events@adelaidecardiology.com.au

FOR FURTHER DETAILS ON ANY OF OUR EVENTS: P 0428 287 952 or E events@adelaidecardiology.com.au

ECG ROUNDS *30 year old female presents with 24 hour history of pain, worse on inspiration*

- a** Inferolateral ST elevation myocardial infarction **b** Acute pericarditis **c** Normal repolarisation changes **d** Pulmonary embolism **e** Brugada syndrome



Author: Cardiologist, Dr Randall Hendriks

ANSWER ON PAGE 2

Adelaide Cardiology Implantable Cardioverter Defibrillator (ICD) Support Group

ICD Support Group Information

Our ICD Support Group meetings provide education, clinical and technology update information for our patients and their families.

ICD Support Group meetings are held twice a year and we invite our patients and their families to attend.

To register your interest in attending a meeting please email events@adelaidecardiology.com.au or phone **08 8202 6608**.

For additional information please visit our website www.adelaidecardiology.com.au/for-patients/icd-patient-support-group

The ICD Patient Support Team



**Associate Professor
Glenn Young**



Dr Daniel Cehic



Dr Maria Santos



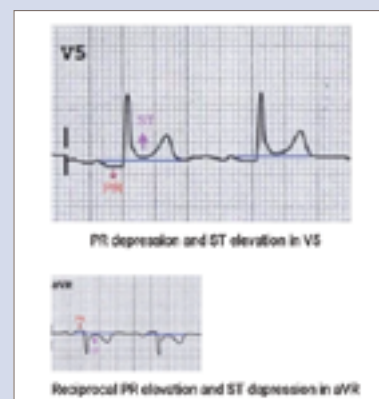
Ms Anne Marie Mitchell

Online booking requests now available at adelaidecardiology.com.au

ECG ROUNDS

ANSWER: b Acute pericarditis

- Pericardial inflammation (eg. following a virus) produces characteristic chest pain (retrosternal, pleuritic, worse on lying flat, relieved by sitting forward), tachycardia and dyspnoea.
- Widespread ST segment changes occur due to involvement of the underlying epicardium.
- Characteristic ECG changes include:
 - Widespread concave ST elevation and PR depression throughout most of the limb leads (I, II, III, aVL, aVF) and precordial leads (V2-6).
 - Reciprocal ST depression and PR elevation in lead aVR (\pm V1).
 - Sinus tachycardia is also common in acute pericarditis due to pain and/or pericardial effusion.



CARDIAC TESTING

SPOTLIGHT ON ECHOCARDIOGRAM

An echocardiogram (echo) is an ultrasound assessment of the heart's structure and function. During an echo test, ultrasound waves from a hand held probe placed on the chest in different locations provide pictures of the heart's valves and chambers and help the sonographer evaluate the pumping function of the heart. Echo combines 2D images with Doppler ultrasound and colour Doppler to evaluate blood flow through the ventricles and atria and across the heart's valves. The images are then reviewed by a **specialist cardiologist** and a comprehensive report issued.

These days many providers offer echo services. At Adelaide Cardiology all of our echos are performed by very experienced and qualified echocardiogram technicians with an in house ongoing education standard that keeps them at the top of their profession. All of the echos are read by specialist trained cardiologists who are experienced in interpreting the clinical significance of the echo findings.

Clinical concerns arising from echo reports are gladly discussed with referring practitioners either by the reporting cardiologist or via our on call cardiologist contact number.



New role for Professor Stephen Worthley



Professor Stephen Worthley has recently accepted a new role as **Executive Manager, HeartCare & SleepCare** with GenesisCare.

Steve's role with GenesisCare (a national group that Adelaide Cardiology is an integral part of) will see him transition to Sydney and relinquish his private practice.

He will continue to perform interventional procedures that he has, with Dr Joe Montarello, helped pioneer at the Royal Adelaide Hospital. His new national role will enable him to help shape and direct healthcare and with his inimitable passion and dedication continue to foster research across the country.



Adelaide Cardiology is part of Genesis Care, the largest provider of cardiology, radiation oncology and sleep services in Australia.

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PHASE 3 LIGHTHOUSE HOSPITAL PROJECT AIMS AT BETTER OUTCOMES FOR ABORIGINAL AND TORRES STRAIT ISLANDER CARDIAC CARE PATIENTS



For Australia's First Peoples, heart disease onset is likely to be earlier, and more likely to be associated with complex comorbidities, frequent hospital admissions and premature death. Rates of potentially preventable hospitalisations for heart disease are higher, and discharge from hospital against medical advice is five times the rate for non-Indigenous Australians. These characteristics appear to be consistent across Australia.

The Lighthouse Hospital Project, a joint initiative of the Heart Foundation and the Australian Healthcare and Hospitals Association, and funded by the Australian Government, aims to improve health outcomes for Aboriginal and Torres Strait Islander peoples experiencing acute coronary syndrome.

The project will use quality improvement methods to drive change within hospitals to ensure patients receive clinically appropriate and culturally safe care.



This, in turn, will reduce the likelihood and negative impacts of patients discharging themselves against medical advice.

Phase 3 of the project began on 1 January 2017 and extends until 30 June 2019. Eighteen hospitals around Australia are participating. All have committed to the ongoing inclusion of local Aboriginal and Torres Strait Islander organisations and communities as well as primary healthcare organisations in the design and delivery of activities to ensure local needs are met. This will lead to improved health outcomes and patient experiences across the care continuum.

For more information about the program, please contact
health@heartfoundation.org.au

GENESISCARE NATIONAL NETWORK

IMPROVING PATIENT OUTCOMES THROUGH RESEARCH

GenesisCare is championing research and recently celebrated its passionate clinical teams and patients involved in trials on International Clinical Trials Day.



GenesisCare Chief Medical Officer Dr Nathaniel Heiner said research underpinned our ability to deliver world-class treatment to our patients.

"Many of our doctors have a special interest in clinical trials – it's a key part of understanding complex diseases and developing safe treatments to tackle these diseases."

"Across our cancer and cardiology network, these trials can take the form of new technology or devices, new techniques, new interventions that happen alongside treatment, new medicines, or a combination of these."

"We are very proud that our people are involved in or leading more than 100 research initiatives across the GenesisCare group," he said.

GenesisCare has state-based and national research committees that oversee trials, a network of dedicated clinical trial staff who work closely with patients involved in research, and ongoing partnerships with both national and international researchers.

Recently published research

Real-time cardiology registry can improve patient outcomes

Improving Guideline Compliance in Australia With a National Percutaneous Coronary Intervention Outcomes Registryⁱⁱ

Contributors: A/Prof David Eccleston, Dr Mark Horrigan, Dr Geoffrey Holt, Prof Stephen Worthley, Dr Alan Whelan, Prof Peter L Thompson, Dr Tony Rafter, Dr Peter Sage

The Genesis Cardiovascular Outcomes Registry for percutaneous coronary intervention describes and measures the quality of interventional cardiology practice in Australian private hospitals. Clinical data describing treatment effectiveness has demonstrated the potential to improve care processes and therefore patient outcomes nationally, as published in the Heart, Lung and Circulation journal in February 2017. Insights from the registry will aid development of future national clinical cardiology registries.

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"Research enables us to be at the cutting edge of treatment, and we're in a unique position to be able to put new evidence into practice to continuously improve outcomes."

DR NATHANIEL HEINER

GENESISCARE CHIEF MEDICAL OFFICER

ⁱⁱHeart, Lung and Circulation, available online February 28, 2017, DOI:10.1016/j.hlc.2017.01.008

✓ PATIENT SATISFACTION

We value patient feedback.



Genesis HeartCare captures patient feedback on their experience whilst in our practice.

The Patient Satisfaction Survey positively recognises the efforts of the Adelaide Cardiology teams across the state whilst also identifying opportunities for continuous improvement.

Patient Quote of the Month:

"As always - thank you so much"

Patient from the Modbury Clinic



LATEST RESULTS

Patient Satisfaction remains high!

NPS results for SA this quarter have remained high at

75%

NPS is Net Promoter Score which indicates how likely our patients are to recommend Genesis HeartCare to a friend, relative or their GP/specialist.

GenesisCare uses the NPS methodology which is an internationally recognised benchmark. Approximately 20% of our patients complete the survey each month.

Online booking requests now available at adelaidecardiology.com.au