

CEO INSIGHT

Centenary celebrations

Dear Doctor,

Welcome to 2021. I do hope the year is shaping up to be a better one for you and your practice. 2021 marks an important milestone for St Vincent's Hospital as we celebrate our Centenary. Incredible to think our hospital began serving our Far North Coast community 100 years ago on the very same site we are on today. And we wouldn't be here without the support of our local GP community across all those years.



In recognition of our Centenary, we are planning a number of ways to acknowledge our history, particularly our contribution to the health and wellbeing of our community. A number of Centenary initiatives are being planned, including for our medical community that we will share with you shortly.

In this edition of Dear Doctor we welcome General Surgeon Dr Deepali Poels and Interventional Radiologist Dr Ian Cappe who was recently awarded Lismore Citizen of the Year. Together they add to our growing number of specialists who are there to support your patients.

On January 1st St Vincent's appointed a new Board of Directors. Our Board plays an important role as the governing body of our organisation and campus. Our Board is led by our Chair Mr Damian Chapelle with the following members: Dr Austin Curtin – Deputy Chair; Mr John Barnes; Mr Geoff Dwyer; Rev David Gilbey; Rev Max Gow; Ms Renee Hannigan; Mrs Mavourneen Kennedy; Mrs Jan Lang and Dr Robert Simon.

We thank them for their selfless service.

Steve Brierley
CEO, St Vincent's Lismore
sbrierley@svh.org.au

Chronic pain management

Dr Tim Scholz is a specialist anaesthetist and pain physician at St Vincent's and is devoted to improving the quality of life of people suffering from chronic pain. As GPs are often asked by their patients to help with chronic pain, Tim shares his answers to the most commonly asked questions.



What are the best medications for chronic pain?

It's very rare for people to turn their lives around using medication alone. Apart from the lack of efficacy, potential side effects are common. Whilst regular paracetamol is very safe, it usually does not bring about a significant improvement in quality of life. There are more effective ways to bring about a positive change.

Why can't patients just use opioids?

Unfortunately opioids do not provide a good long-term solution. Whilst they are excellent for short-term (acute) pain over a week or two, their long-term use actually makes chronic pain worse. Several studies have shown that people on long term opioids for pain have more pain than those who slowly reduce and then cease opioids. This is due to opioid-induced hyperalgesia. The most effective way to reduce pain and improve physical and psychological well-being is a combination of physical rehabilitation, cognitive rehabilitation and pain procedures.

How do people get involved in rehabilitation?

Rehabilitation of the body (physical) and mind (cognitive) is a gentle process that takes time but is ultimately highly effective at improving people's quality of life. A person can rehabilitate themselves in a self-directed manner using the "Manage Your Pain" book by Dr Nicholas et al. Unfortunately many people lose morale trying to follow these strategies on their own. This is why a pain program is often the best choice. They teach the physical and cognitive rehabilitation strategies in a class with an instructor. The IMPACT pain program at the Lismore Base Hospital Multidisciplinary Pain Clinic is an example of an intensive pain management program. The fact that it runs for 96 hours, speaks volumes on how much there is to learn and do to make meaningful recovery from chronic pain. By "recovery" we mean having a lot more good days than bad days.\

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New specialists join SVH

We are proud to welcome to our team:

Dr Deepali Poels

General Surgeon
Locum for Dr Jane Cross

As a General Surgeon, Dr Poels can assist patients with a broad range of surgical procedures from the excision of skin and soft tissue and breast lesions to laparoscopic operations including appendectomy, cholecystectomy, bowel resection and hernia repair. She has a sub-specialty interest in colorectal conditions and is able to treat benign anorectal conditions and perform colonoscopies.



Contact details:

Level 4, Suite 13
St Vincent's Specialist Medical Centre
20 Dalley Street,
LISMORE NSW 2480
Phone: 02 6621 7796
Fax: 02 6622 1254

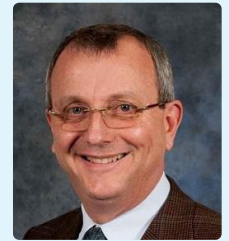
Referrals:

Provider #: 412585HY
Medical Objects #: 412585HY
SVH inpatient consults: Yes
SVH admitting rights: Yes

Dr Ian Cappe

Interventional Radiologist
of 35 years

Ian is working in our hybrid operating theatre undertaking interventional procedures in support of our urologists, gastroenterologists and general/vascular surgeons.



- Radiologist with North Coast Radiology Group
- Member of radiological panel North Coast Breast Screen

Special interests include:

- Breast Screening
- Interventional Radiology
- Musculoskeletal Ultrasound

Contact details:

Level 2 Suite 4
St Vincent's Private Hospital
20 Dalley Street,
LISMORE NSW 2480

Appointments: 1300 669 729
Fax: 026622 2691

Referrals:

Referral can be made via St Vincent's VMO's.

Chronic pain management

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What about injections for pain?

Injections are one example of a pain procedure. There are many types of pain procedures for the treatment of pain in the spine (anywhere from the neck to the tailbone), knees, shoulders, chest wall and other locations. The type of procedure varies according to the location. For example, for nerve pain originating in the spine, epidural injection of location anaesthetic and steroid often results in several months of pain relief. For arthritis in the spine, heating (radiofrequency ablation) of the pain nerves which innervate the facet joints often results in pain relief up to 2 years. The pain procedures can be repeated if and when the pain returns. Other procedures, such as a spinal cord stimulator, are designed for life-long pain relief.

Why don't patients just have a procedure and skip the rehabilitation?

Combining the rehabilitation with the pain procedure gives the best results for most patients. Some patients who either cannot or chose not to become involved in rehabilitation, do only have procedures which often goes part way to recovery. However, those who also get involved in rehabilitation (which is often-times much easier to do once they have a procedure to lessen their pain) usually end up with the best long-term result.

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to receive *Dear Doctor* in your inbox each month

Local doctors recognised Australia Day 2021 Honours List



Citizen of the Year Dr Ian Cappe.

Lismore's Citizen of the year is radiologist Dr Ian Cappe, who now joins SVH - pictured left. Ian's pioneering treatment for kidney stone removal and his specialised interventional radiology services were recognised in the award.

Dr Cappe moved to Lismore 35 years ago to raise his family here. "I just love Lismore," he said. "It's been a honour and a privilege to work here."

Local doctor David Scott has been honoured with an OAM for medical service.

After seven overseas military deployments and years of leading in the field of anaesthesia, David Scott has been awarded the national honour of an Order of Australia Medal (OAM) for service to medicine, particularly to anaesthetics.

Dr Scott has lived in Lismore for 33 years and works at both St Vincent's Hospital and Lismore Base Hospital as a Medical Officer and accredited anaesthetist. David has served as a member in the Royal Australian Air Force Reserves since the 1990s, and is still a Group Captain. He has a long history supporting those in war zones and responding to major events including the tsunami in Banda Aceh. Dr Scott's OAM was, in particular, for his contribution for better outcomes for patients in the government's Medical Benefits Review.



St Vincent's Lismore Specialist Directory (March 2021)

Bariatric Surgeon

Dr Gratian Punch Ph: 02 6621 7796
Dr Candice Silverman Ph: 07 5598 0955

Cardiology

Dr Adam Blenkhorn Ph: 02 6622 3088

Dermatologist

Dr Claudia Curchin Ph: 02 6621 3500

Endocrinologist

Dr Chelsea McMahon Ph: 1800 363 627

ENT

Dr Josh Jervis-Bardy Ph: 02 6621 7796
Dr Puneet Titoria Ph: 02 6681 1822

Gastroenterology

Dr Mark Cornwell Ph: 02 6622 0388
Dr Howard Hope Ph: 02 6622 0388
Dr Indira Singh-Grewal Ph: 02 6622 0388
Dr Angus Thomson Ph: 02 6622 0388
Dr David Whitaker Ph: 02 6622 0388

General Medicine

Dr Jowita Kozłowska Ph: 02 6627 9600
Dr Stephen Moore Ph: 02 6622 2326

General Surgery

Dr Daniel Bills Ph: 02 6621 8277
Dr Sally Butchers Ph: 02 6621 8277
Dr Jane Cross Ph: 02 6621 7796
Associate Professor Austin Curtin Ph: 02 6621 7796
Dr Gratian Punch Ph: 02 6621 7797
Dr David Ryan Ph: 02 6621 9040
Dr Robert Simon Ph: 02 6621 8277
Dr David Townend Ph: 02 6621 9040
Dr Susan Velovksi Ph: 02 6686 0533

Geriatrics

Dr Anthony Bragg Ph: 02 6627 9211
Dr Julia Lisle Ph: 0410 638 240

Gynaecology

Dr David Addenbrooke Ph: 02 6621 2241
Dr Phillip Steele Ph: 02 6621 2241

Haematology

Dr David Jackson Ph: 02 6622 0388

Infectious Diseases

Dr Sarah Coghill Ph: 02 6620 7301

Medical Oncology

Dr Adam Boyce Ph: 02 6622 1865
Dr James Bull Ph: 02 6622 1865
Dr Joe Gormally Ph: 02 6622 1865
Dr Amy Scott Ph: 02 6622 1865

Nephrology

Dr Sanjeev Baweja Ph: 02 6621 5883
Dr William James Ph: 02 6622 3600
Dr Venkat Manickavasagam Ph: 02 6621 7711

Neurologist

Dr Sue Baumann Ph: 02 6627 9406

Ophthalmology

Dr Niall Aboud Ph: 02 6622 5888
Dr Jason Cassar Ph: 02 6622 5888
Dr Augustino Clark Ph: 02 6621 4254
Dr Anne Malatt Ph: 02 6687 2433
Dr Steven Rodwell Ph: 02 6624 4411
Dr Roy van Eijden Ph: 02 6621 4254

Oral & Maxillofacial Surgery

Dr Arthur Bilski Ph: 02 6622 6750
Dr Wojciech Bilski Ph: 02 6622 6750

Orthopaedics

Dr Michael Facek Ph: 07 5611 5050
Dr Richard Freihaut Ph: 02 6621 6397
Dr Simon Kinny Ph: 02 6621 4177
Dr John Mison Ph: 02 6621 2588
Dr Mark Pearce Ph: 02 6621 3114
Dr Shane Prodger Ph: 02 6621 6462

Pain Medicine

Dr Paul Cochrane Ph: 0405 905 617
Dr Liam Ring Ph: 0477 002 019
Dr Timothy Scholz Ph: 0490 845 496

Palliative Care Medicine

Dr Ken Marr Ph: 02 6620 7301

Plastic & Reconstructive Surgery

Dr James Ledgard Ph: 1300 836 366
Dr Mark Rahman Ph: 1300 921 500

Radiation Oncology

Dr Patrick Dwyer Ph: 02 6627 8277

Rehabilitation

Dr Anthony Bragg Ph: 02 6627 9211
Dr Ulla Gerich-McGregor Ph: 0439 469 191
Dr Julia Lisle Ph: 0410 638 240

Respiratory & Sleep Medicine

Dr Joe Churton Ph: 02 6621 3199
Dr Joe Duncan Ph: 02 6620 7301
Dr Bliagh Mupunga Ph: 02 6621 8277

Rheumatology

Dr Douglas Gray Ph: 02 6686 6933
Dr Ellen McGirr Ph: 0266 866 933

Urology

Dr David Kerle Ph: 02 6622 1344
Dr Kenny Low Ph: 02 6622 2062
Dr Lisa Osgood Ph: 02 6622 1344
Dr Stephen Strahan Ph: 1300 778 072

Vascular

Dr Anthony Leslie Ph: 02 6621 9105
Dr Dominic Simring Ph: 02 6621 9105
Dr Deepak Williams Ph: 1300 278 379

Epic Pharmacy Ph: 02 6624 0600
North Coast Radiology Ph: 02 6625 9300
Sullivan & Nicolaides Ph: 02 6620 1200
St Vincent's Private Physiotherapy Ph: 02 6622 7799
St Vincent's Rehabilitation Ph: 02 6627 9263