

Health Matters

MEDICAL MAGAZINE FOR NEW ZEALAND GPs
VOL 28 | SPRING 2020



Mastering the crucial art of sleeping



THIS MAGAZINE IS AN
ENDORSED CPD ACTIVITY

6 Cover story –
Dr Zelda Strydom

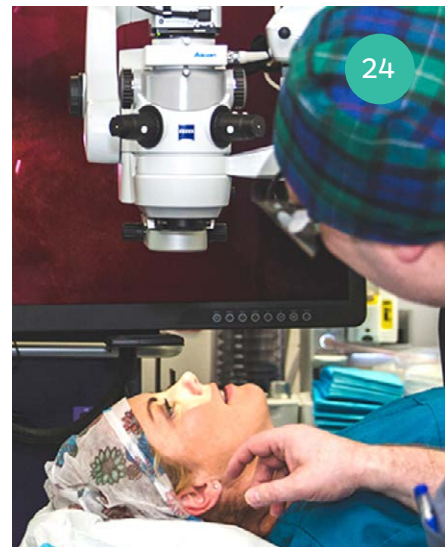
12 Getting your clients back
on track – HeartWorks

24 The latest ophthalmic
technology arrives at Bowen

Health Matters

...because it enables your patients
to get on with living





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SPRING 2020



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Nearly 100 years of caring in Hawke's Bay

Royston Hospital's long-tradition of superior healthcare is provided in modern facilities that promote health, wellbeing and innovation.

Find out more at royston.co.nz



Continuing excellence in healthcare

Across New Zealand we've proudly cared for our communities with superior private healthcare for almost 100 years.

BY SUE CHANNON, CHIEF EXECUTIVE OFFICER,
EVOLUTION HEALTHCARE



Kia ora and welcome to our latest edition of Health Matters – welcome also to our new brand of Evolution Healthcare. We are pleased to present our Group under a unified, contemporary and bold new look, driven by a name that captures the strength of who we are as leaders in private healthcare across Aotearoa and Australia.

“Evolution Healthcare; continuing excellence in healthcare.”

Across New Zealand and Australia, we have proudly cared for our communities for almost 100 years and, as we focus on the future, we continue to invest in the development of our facilities and services to support the care and recovery of our patients.

Developments

An extraordinary amount of work has gone into the Wakefield Hospital redevelopment since breaking ground in June 2019. We are now nearing completion of stage one of the development and are starting to plan for its opening in early 2021. Stage one will be home to our specialist medical centre, Wakefield Heart Centre, Wakefield Gastroenterology Centre, ProActive, Pacific Radiology and a new café. Stage two will commence shortly after the opening of stage one and will be home to 37 patient rooms, 10 ICU beds, six theatres and recovery areas, one cardiac cath lab, our endoscopy suite, and much more.



Over at Royston Hospital in Hastings it is exciting to see our new Orthopaedic Day Surgery Unit coming out of the ground. Due for completion in September 2021, we

will see a lot of progress in the construction work over the coming months. Other developments at Royston include two additional cold shell theatres, and work to improve patient amenities continues with a new reception completed earlier this year.

This year we have seen our partnership with the Hawke's Bay District Health Board (HBDHB) develop. HBDHB Chief Operating Officer Chris Ash said he was very pleased to announce this new agreement with Royston Hospital, a division of Evolution Health (trading name of Acurity Health Group Limited), and a trusted partner of Hawke's Bay DHB.

“The two organisations have been working hard over the last couple of months to develop a plan where a contracted and guaranteed plan is in place to deliver more joint operations this year. This agreement will provide a 25 percent increase in access for Hawke's Bay people who need hip and knee joint operations.”

To continue the excellence in the care and outcomes for our patients we have recently invested in new ophthalmic equipment for Bowen Hospital, Wellington. Specialists and theatre staff are able to view procedures in 3D via our 55" 4k OLED display. The heads-up display allows our specialists to continue to perform procedures that would otherwise have stopped during Covid Alert Levels when face shields are required to be worn. More information is provided within this issue.

Supporting our communities

In support of specialist training we have continued our donation of \$10,000 to the Surgical Research Trust, which supports New Zealand medical and surgical research projects and closely aligns with our values and commitment to drive excellence in the care and outcomes for all New Zealanders.

Bowen and Wakefield Hospitals' recent donations to the Wellington Lions Foundation have contributed to the new Playscape for the Children's Hospital in Wellington.

Health Matters

Magazine co-ordinator

Magazine feedback/ideas are welcome.
Contact Jessica Stone on
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Marketing

To advertise in Health Matters, please
contact Jessica Stone (details above)

Design

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About Evolution Healthcare

One of New Zealand's leading private providers of healthcare services, Evolution owns and operates Wakefield and Bowen Hospitals in Wellington, Royston Hospital in Hawke's Bay, and Re-centre, a private mental health facility in Auckland.

Through a partnership with Icon Group based in Brisbane, Australia, Evolution Healthcare delivers private oncology services at Bowen Icon Cancer Centre in Wellington. They also have investments in Grace Hospital Tauranga, Proactive, Birthcare and Endoscopy Auckland.

Evolution aims to be the preferred provider of private healthcare services, chosen by leading specialists, major health insurers, patients and their families. This is demonstrated through Evolution's commitment to developing and growing their hospitals and continuously investing in the latest technology, while being a leader in their sector.



Evolution Hospitals

New Zealand

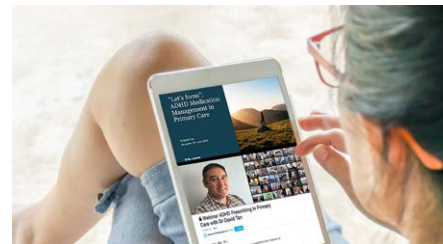
Wakefield Hospital
Royston Hospital
Bowen Hospital

Australia

Waratah Private Hospital

"There is a massive [mental healthcare] gap in New Zealand and our dream is to fill this gap and support the wellbeing of Kiwis."

SIR JOHN KIRWAN, BOARD MEMBER,
RE-CENTRE



Supporting 3,000 kiwis in need

Re-centre, our private mental health clinic, celebrated its first anniversary on 11 November. Over the past 12 months our Re-centre team of specialists have had over 3,000 people seek our support. As well as one-on-one consultations, Re-centre provides half-day group programmes, courses and workshops tailored to meet the many mental health issues people experience, providing complementary therapies such as yoga and art therapy, a full suite of perinatal mental health services, substance and behavioural addictions, and child and adolescent services, to name a few.

Whilst Re-centre is currently based in Auckland, our goal is to open private clinics across the country and provide our comprehensive mental health services to the many Kiwis in need.

Re-connect

We are so pleased to be able to announce that the annual two-day Connect GP Conference planning is well underway with over 160 registered attendees and sponsors. Whilst the 2020 Conference was set to have been our highest attendance on record (before being cancelled due to Covid-19), we are encouraged by the many practitioners registering, or re-registering to attend in March 2021. Over the two days we will have speakers provoke thought, discussion, debate, and provide updates on the common – and not so common – issues seen in primary healthcare practice.

Friday 19 and Saturday 20 March
2021, Te Papa Museum, Wellington

Our flagship conference is one of the many GP and primary care education events for us at Evolution Healthcare. In addition, planning for our 2021 CME programme is underway with updates and learnings in specialties that will support you in your primary practice. We are delighted to deliver CMEs face-to-face within our facilities and also via webinar with lunchtime lightning sessions.

Looking ahead

As an organisation we continue to invest to provide the highest quality care and outcomes for our patients, both in New Zealand and Australia. We are expanding our mental health services into Sydney, with Waratah Private Hospital in Hurstville providing inpatient and outpatient care through group programmes, one-on-one therapy and other complementary therapies. We have also recently announced the addition of inpatient rehabilitation services to our portfolio in New Zealand and look forward to welcoming them to the Evolution Healthcare team in March.

Finally, on behalf all of the team at Evolution Healthcare, I wish you, your practice, and your family a happy and safe Christmas and New Year, and look forward to seeing you all in March.

Ngā mihi

A handwritten signature in blue ink, appearing to be 'SQ'.

SUE CHANNON, GROUP CHIEF EXECUTIVE
OFFICER, EVOLUTION HEALTHCARE

Taking care of your patients

Evolution Healthcare

We provide a comprehensive range of surgical and medical health services – to ensure we're continuing excellence in the care and recovery of your patients



Mastering the crucial art of sleeping



Treatment for insomnia that works

Psychiatry

BY DR ZELDA STRYDOM, MEDICAL DOCTOR,
RE-CENTRE.CO.NZ



Insomnia is a highly prevalent public health concern, with between 6-10% of the population meeting the diagnostic criteria for insomnia. A third of the population additionally experience insomnia symptoms at any given time (e.g. poor sleep quality and non-restorative sleep), not meeting full diagnostic criteria.

Diagnostic criteria

The **DSM-5**¹ defines insomnia as dissatisfaction with sleep quantity or quality, associated with one (or more) of the following symptoms:

- ☐ Difficulty initiating sleep
- ☐ Difficulty maintaining sleep, characterised by frequent awakenings or problems returning to sleep after awakenings
- ☐ Early-morning awakening with inability to return to sleep.

Other criteria include the following

- ☐ The sleep difficulty occurs at least three nights per week
- ☐ The sleep difficulty is present for at least three months
- ☐ The sleep difficulty occurs despite adequate opportunity for sleep
- ☐ The insomnia cannot be explained by and does not occur exclusively during the course of another sleep-wake disorder
- ☐ The insomnia is not attributable to the physiological effects of a drug or abuse or medication
- ☐ Co-existing mental disorders and medical conditions do not adequately explain the predominant complaint of insomnia.

The **DSM-5** makes no distinction between primary and secondary (arising from another co-existing condition) insomnia. This change reflects an increased understanding that when insomnia symptoms do arise in the context of another condition, it often develops into a separate disorder that may not necessarily improve after successful treatment of the first condition.

Economic burden of insomnia

Insomnia is associated with increased use of healthcare services and treatments, as well as functional impairments and time off work. A 2009 study estimated that the total annual cost of insomnia in the province of Quebec ran at \$6.6 billion.

Understanding how chronic insomnia develops

The 3P behavioural model, also known as the Spielman model, is used to explain the development of chronic insomnia. The model is based on the interaction of three factors – predisposing conditions, precipitating circumstances and perpetuating factors. In this model, predisposing conditions across the entire biopsychosocial spectrum do not produce insomnia, but precede its onset, and increase the likelihood for its occurrence. Precipitating occurrences, for example stressful life events, acutely trigger sleep disturbance. Perpetuating factors then maintain insomnia, as the person adopts actions to compensate for, or cope with sleeplessness.

Chronic insomnia develops from a combination of predisposing (e.g. anxious personality) and precipitating factors (e.g. cardiac disease or depression). Over time, a positive feedback loop of perpetuating factors develops in an effort to address the poor sleep, and this eventually maintains and exacerbates the sleep problem. Predisposing and precipitating factors of insomnia decline as the perpetuating factors exert a more direct impact on a nightly basis.

The important role perpetuating factors play in maintaining insomnia

Irrespective of the precipitating and predisposing triggers to insomnia, it is widely accepted that a broad range of cognitive and behavioural mechanisms perpetuate it.

Patients often become obsessive about their sleep, and will try anything possible to fall asleep and stay asleep. As they experience sleep problems over time, they begin to associate the bedroom with difficulty in falling asleep. This repetitive negative experience leads to the bed soon becoming a strong cue for wakefulness. As the person lies awake for endless hours in bed, they often spend more time in the bedroom, and facilitate daytime naps, trying to compensate for asleep time lost.

This in turn continues to not only weaken the natural homeostatic drive to sleep, but continues to strengthen the association between the bedroom, anxiety and wakefulness.

“As the person lies awake for endless hours in bed, they often spend more time in the bedroom, and facilitate daytime naps, trying to compensate for asleep time lost.”

This vicious cycle of ongoing worry about inability to sleep and consequences of poor sleep on physical health and daytime functioning, then lead to the development of negative beliefs that maintain insomnia by stimulating the sympathetic nervous system and thus lead to increased arousal.

How to diagnose insomnia

A careful history alone is often enough to confirm the diagnosis of insomnia. The most helpful question is often to ask the patient to talk through a typical 24-hour day/night cycle. A characteristic description often includes the experience of being fatigued but awake during the day, and then lying in bed frustrated with long gaps awake at night. Contrast that to those with sleep apnoea, who usually can't maintain daytime wakefulness, and have brief gaps of being awake at night².

Review all prescribed and OTC medications not only for the possibility of them having a stimulant effect, but the current use of sleeping tablets that could contribute to daytime fatigue.

Treat depression or anxiety where present, as affective disorders are a common comorbidity.

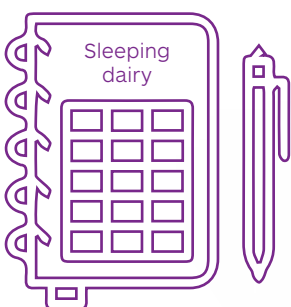
There are some conditions that mimic insomnia that need to be considered, including restless legs syndrome (RLS) and periodic limb movement disorder, obstructive sleep apnoea (OSA) and delayed sleep phase syndrome in younger people where the problem is difficulty initiating but not usually maintaining sleep.

Any associated daytime sleepiness should lead to further screening for possible secondary causes of insomnia.

RLS can easily be screened for with one specific question: “when you try to relax in the evening or sleep at night, do you ever have unpleasant, restless feelings in your legs that can be relieved by walking or movement?”

Typical clues to look out for in OSA sufferers include snoring, dry throat and daytime sleepiness. In those over 65 there are often atypical presentations of comorbid OSA, therefore a lower threshold for screening in the over 65’s should be considered. Falling asleep easily, but then reports of frequent awakenings in the second half of the night, should be a trigger to further investigation of OSA.

Delayed sleep phase syndrome in younger patients presents with difficulty to initiate sleep but then they stay asleep well. Sleep diaries and an accurate history can usually distinguish the two. A useful screening question could include “if you were allowed to sleep when you wanted, would you sleep well?”



The sleep diary is the simplest and most cost-effective diagnostic tool to use in diagnosing insomnia. Ideally a two-week diary should be kept. Crucial information to be completed in the diary includes lights out time, time in bed, estimated sleep time, any daytime

sleeping and lifestyle factors such as exercise, caffeine, alcohol. A typical pattern of more time in bed than time asleep will be seen.

Treatment of insomnia

Treatment of insomnia falls in two broad categories – pharmacologic and cognitive behavioural.

Pharmacologic interventions are often the first treatment offered to the presenting patient, and there are times when they are indicated, but they do come with a range of concerns associated with long-term use.

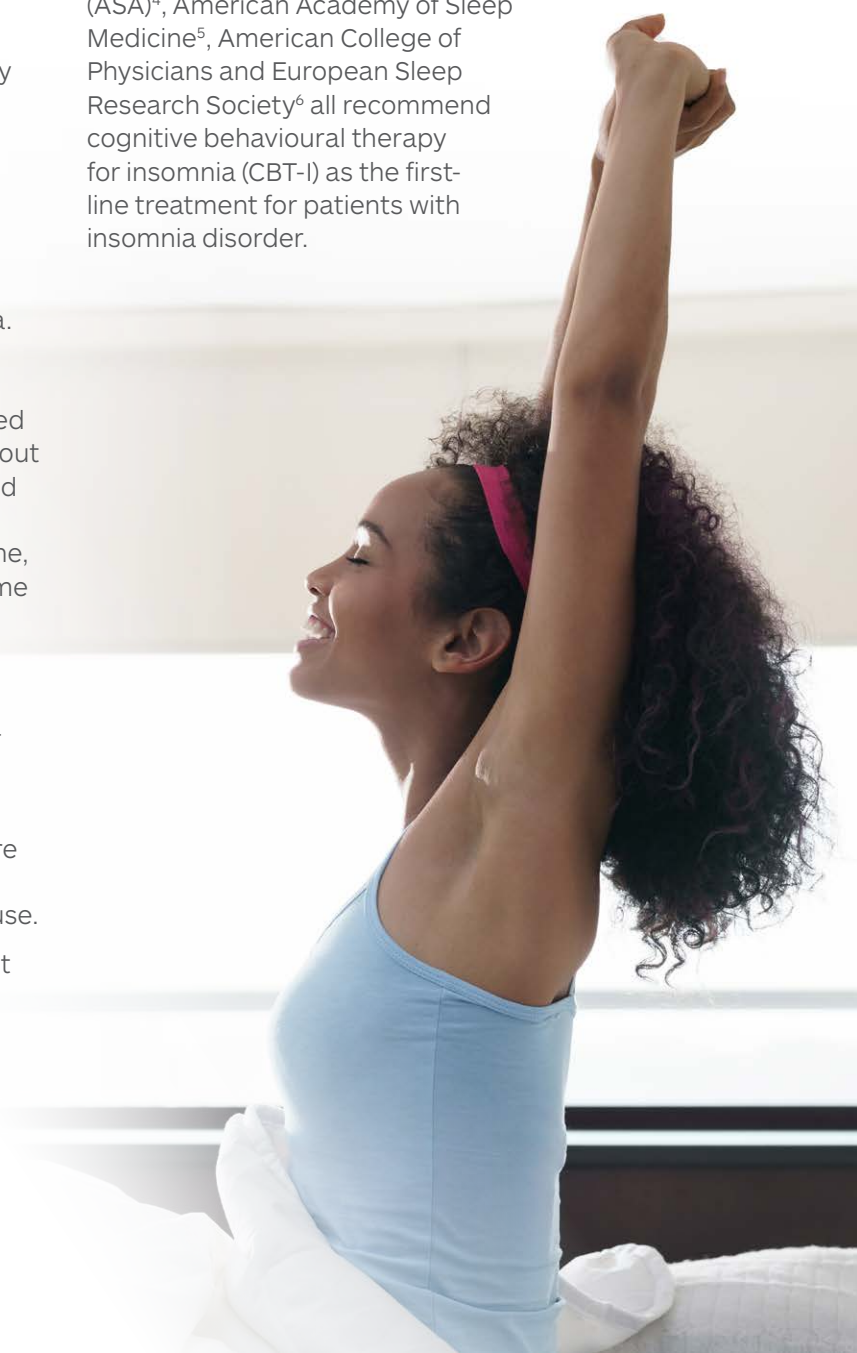
Hypnotic medications such as Zopiclone are the most commonly prescribed, and are effective for short-term use, however they lose effectiveness over time, and have the potential for dependence and rebound insomnia. Upon discontinuation sleep worsens compared with pre-treatment levels.

The potential benefits of pharmacologic treatments for insomnia must be balanced with the side effects.

Hypnotics should be prescribed very carefully to those with alcohol dependence, pulmonary disease or sleep apnoea in light of the increased risk of excessive sedation and respiratory suppression. Older patients with impaired renal and hepatic function are vulnerable given that metabolic clearance may be delayed, resulting in excessive sedation.

The main limitation of sleep medications is the lack of long-term effectiveness, given the lack of long-term trials beyond 12 months. Most sleep medications are not approved for use beyond three months, and hypnotics are only indicated for four weeks.

The Australasian Sleep Association (ASA)⁴, American Academy of Sleep Medicine⁵, American College of Physicians and European Sleep Research Society⁶ all recommend cognitive behavioural therapy for insomnia (CBT-I) as the first-line treatment for patients with insomnia disorder.



Understanding CBT-I

CBT-I includes a specific set of techniques that strengthen the connection between bed and sleep, realign the homeostatic mechanisms and the circadian rhythm, and decrease anxiety and worry about sleep.

Therapy includes a combination of psychoeducation about sleep and sleep hygiene, sleep restriction therapy, stimulus control therapy and cognitive therapy to decrease negative sleep thoughts, and relaxation training. It is delivered over an average of six sessions which includes a review of weekly sleep diaries. The diaries help the patient and therapist to see improvement and to personalise the behavioural components of bed and wake times.

The Australasian Sleep Association position statement established via meta-analyses of RCTs that the acute effects of CBT-I are comparable with or superior to those of hypnotic medications and are maintained for up to three years⁴. Systematic review and meta-analysis published in *Annals of Internal Medicine*⁷ also concluded that CBT-I is an effective treatment for chronic insomnia, with clinically meaningful effect sizes. The acute effects include reduced sleep onset latency and reduced night-time awakenings while improving overall sleep efficiency (i.e. the length of time asleep relative to the amount of time spent in bed).

Insomnia does not need to be a life-sentence, and CBT-I offers hope.

CBT-I programmes

Re-centre currently offers a two-hour “Re-juvenate Your Sleep” workshop. From 2021 Re-centre will be offering a complete six-session CBT-I group course. The workshop provides education on sleep and sleep architecture, sleep hygiene principles and a basic introduction to the CBT-I concept. Joining the Re-juvenate Your Sleep workshop is a good place to start for those who might be curious about CBT-I, but do not feel ready to commit to a group course, or are unfamiliar with therapy within a group setting.

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More information



Contact Dr Zelda Strydom

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Healthlink: nzbhlakl

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Make a referral

W: re-centre.co.nz/for-referrers/make-a-referral/



Find out about ‘Re-Juvenate Your Sleep’



Re-juvenate *your sleep*

This two-hour workshop (NZ\$100) is available in Parnell, Auckland. For details, click here (re-centre.co.nz/howwehelp/courses)

Refer via our dedicated GP hotline

Our GP 0800 Hotline is available for you to speak directly with one of our specialists. Available from 8.30am – 4.30pm weekdays, you can call us on 0800 854 905 for over-the-phone support and to refer your patient to us.

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Getting your clients back on track



At HeartWorks we use a blend of modern healthcare techniques, technology and sport science which allows the client to get back on track while exercising under supervision with a programme tailored to specific cardiac needs.

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In New Zealand there are approximately 170,000 Kiwis living with heart disease. Many Kiwis are dying from premature and preventable heart disease issues.

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At HeartWorks we care for people who are living with cardiac disease. By using a blend of modern healthcare techniques, technology and sport science, we help people get back on track while exercising under supervision with a programme that is tailored specifically to their cardiac needs.

We are a team of exercise cardiac specialists with years of industry experience. Our service is based on advanced World Health Organization (WHO) guidelines, and focuses on a safe, supervised and professional approach, helping people to achieve their cardiac goals faster.

Programme information

1. Initial Consult / Assessment
2. Exercise Sessions: 2x 60min per week for 12 weeks
3. Performance Review & post programme follow up
4. 6x 2hr Health & Education Seminar Evenings per year
5. Regular newsletter and information distribution
6. Progress into open clinic training plans

Options programme

12 week programme	\$1,200
HeartRate Monitor/Starter Pack required while training in the clinic	\$150
Total	\$1,350

Other training programmes available.

Southern Cross Information

A new diagnosis of Coronary Artery Disease and an Interventional Cardiology Procedure (including angiogram, angioplasty and/or cardiac surgery) within the last six months.

Referral and self-referral

We welcome referrals from GPs and Cardiologists with a letter that explains the person's cardiac diagnosis and other health-related information.

Referrals can be sent to:
E: info@heartworks.nz

“My goal is to help more people achieve better cardiac health, and to live healthier, happier lives.”

SAMANTHA BOWMAN
CARDIAC & EXERCISE
PHYSIOLOGIST



Patient Testimonials

“ Highly recommended for both physical and mental wellbeing. Gave the confidence to exercise to my personal level and saw significant improvement

“ Excellent

“ Would not have recovered so well post-surgery regards overall level of fitness and general health

“ FANTASTIC!

“ The HeartWorks programme taught me exercises and techniques which assisted my recovery immensely

“ It gave me an indication of my abilities and shortcomings and pushed me to extend my capabilities. The programme also gave me greater confidence to try new activities whilst being in a safe space. This in turn pushed me to continue with a HeartWorks tailored exercise regimen at home once the course was complete

“ Very worthwhile

“ Yes, I completed a 12-week programme with supervised exercise. It helped my confidence, to push me to a fitness level that I wouldn't have achieved by myself. I enjoyed the instructor and fellow gym buddies. Would recommend to anyone after a heart event

“ I thought it was really valuable – as much as anything to give me confidence to start exercising again

Empower Your Wellness

We have seen enough, we want to become active.

We see new and advancing heart problems every day. 

The HeartWorks team



ADJ. PROF
ALEXANDER SASSE
Cardiologist
FRACP FCSANZ DM
(DR.MED.) ADJ. PROF.



DR MALCOLM ABERNETHY
Cardiologist

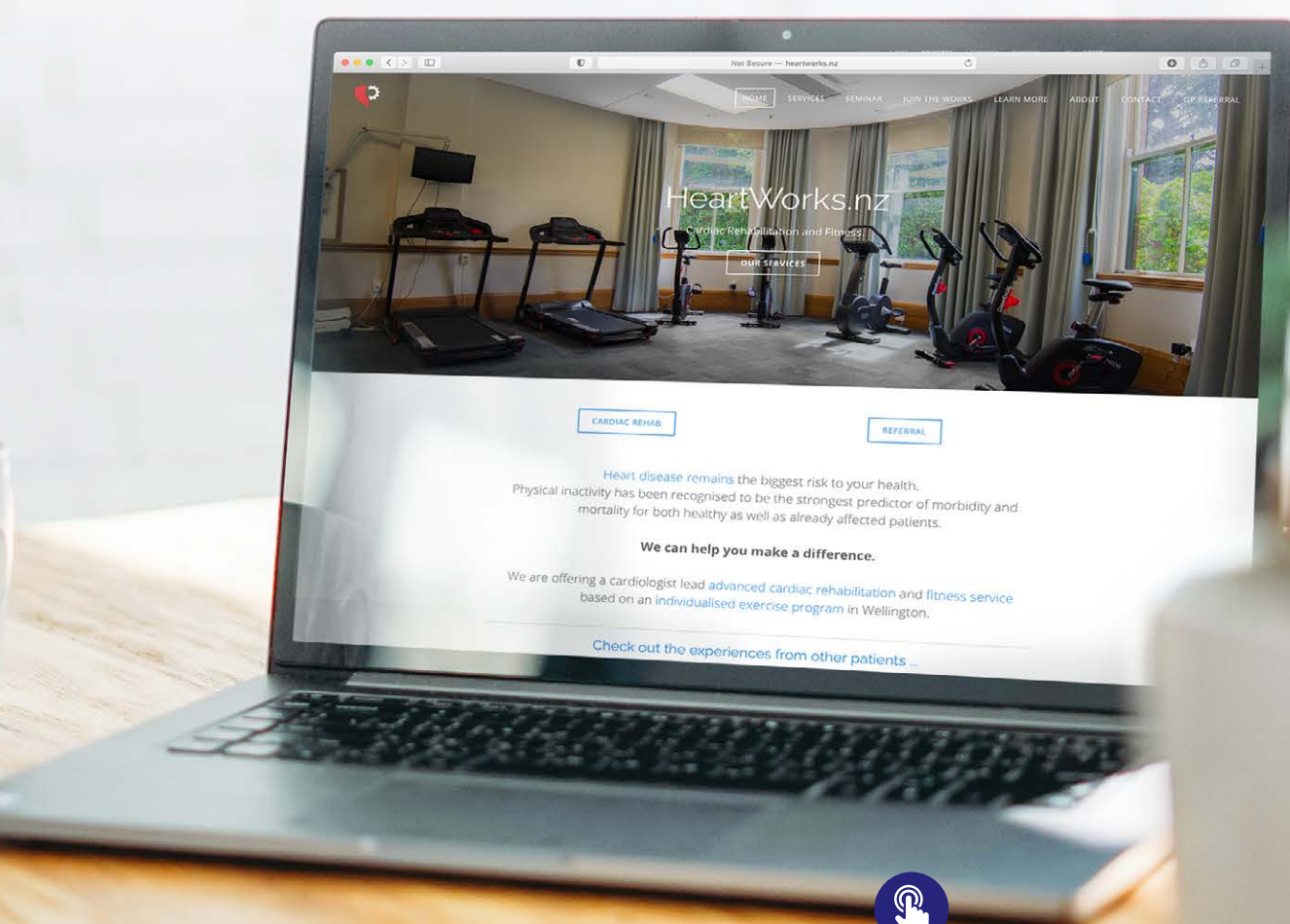


SAMANTHA BOWMAN
**Cardiac & Exercise
Physiologist**

OTHER MEMBERS
OF THE TEAM:

KELLIE YANEK
**Exercise
Physiologist**

EMMA CACHEMAILLE
Nutritionist



Find out more



Connect

2021^{GP CONFERENCE}

RE-CONNECT.

Join us on 19/20 March 2021.

To register, please visit
connectconference.co.nz



Evolution
HEALTHCARE

Connect 2021 – the conference for NZ GPs

Kia ora – welcome to Connect 2021

E: CONNECT@EVOLUTIONCARE.COM

P: 04 920 0146

On behalf of the organising committee, we are delighted to invite you to join us at Connect, the leading lower North Island annual GP Conference, to be held over Friday 19 and Saturday 20 March, at Te Papa Museum, Wellington.

With a growing popularity year-on-year, we anticipate Connect 2021 will reach capacity for registrations. The positive feedback we receive every year, and the majority of delegates who transferred their 2020 registrations to our new dates in 2021, has inspired us to make our conference even greater than what was already planned.

Connect 2021 will continue with the theme Health Through the Ages. From Older Adults right through to Paediatrics, various topics will be explored with some of the best presenters, world leading researchers, highly skilled specialists and expert healthcare professionals helping you stay up-to-date for primary care practice.

We are delighted to have keynote speakers presenting on various topics such as Family Violence, Mindfulness for GPs, and LBGTQIA+ Gender Affirming Healthcare and GP Cultural Competence.

We look forward to you joining us over two days of networking, education, skills development, debate and discussion. There will be numerous opportunities to enhance your knowledge, widen your network, and help shape the future of primary healthcare.

Organising Committee | Connect GP Conference
Evolution Healthcare.

“If you are a delegate who had registered for the original May 2020 dates, please be assured your registration and payment have automatically been transferred to our new March 2021 dates. If you would like to discuss your registration details, please contact us by email: connect@evolutioncare.com”

Registration fees		Early Bird (closes 31 Dec)	Standard
Doctor	Full 2 days	\$500	\$600
	Single day	\$350	\$450
Nurse	Full 2 days	\$250	\$300
	Single day	\$200	\$250
Other Health Professional	Full 2 days	\$250	\$300
	Single day	\$200	\$250
GP Registrar and student	Full 2 days	\$250	\$300
	Single day	\$200	\$250

Preview of Conference Programme

Day One – Friday 19 March

Official Conference Opening Remarks

- **Sue Channon**
Chief Executive, Evolution Healthcare
- **Associate Professor Lynn McBain**
Head of Department, Primary Healthcare and General Practice, University of Otago, Wellington

Strand 1: Older Adults

Plenary session:

- The Adventures of Sherlock Holmes (& other classic tales): A Case of Timely Diagnosis and Dementia – **Sally Rimkeit**

Concurrent session A & B:

1. Dementia - Community Therapies and referral pathway – **Dr Sally Rimkeit** and **Lesley Maskery**
2. Menopause Updates – **Bev Lawton**
3. Physiotherapy session

Lightning talks – Orthopaedic & PT/OT:

- Rheumatology & rehabilitation – **Andrew Harrison**
- Non-surgical management & referral – **Giles Foley**
- In-home referrals / non-surgical management

Strand 2: Adults

Plenary session:

- Cardiology and Cardiac Rehabilitation, Wakefield Heart Centre and HeartWorks, **Alex Sasse & others**

Concurrent sessions C & D:

1. Preventing infertility & infertility presentations – **Mr Simon McDowell**
2. Oesophageal Function Testing – **Mr Chris Cederwall**
3. Chronic Coughs – management & referral – **Dr Nicola Smith**

Plenary session:

- Family Violence: GP Obligations and Tools
Holly Carrington, S H I N E

Keynote speaker:

- Mindfulness and the Health of Health Professionals
Dr Fiona Moir, Connect Communications

Closing Remarks for Day One

Networking function hosted by Evolution Healthcare

Day Two – Saturday 20 March

Strand 3: Adolescents

Plenary session:

- Use of anti-depressant medications in Primary Care – **Dr David Tan**, Psychiatrist

Concurrent sessions E & F:

1. Sleep disorders and digital disruption – **Dr Angela Campbell**
2. Gender Affirmation and Hormone Therapy – **Dr Richard Carroll**
3. Endometriosis – **Mr Ausha De Silva**

Plenary session:

- Cultural Competency and the LGBTQ Community - **Victoria Trow**, Support Manager, Rainbow Youth

Strand 4: Paediatrics

Lightning talks – Orthopaedic, ENT, Audiology:

- Otolaryngology – **Stephen Toynton**
- Tonsils – when to be concerned and refer – **Matt Seeley** (topic/speaker may change)
- Audiology – **Kylie Bolland**, MNZAS, CCCJ Professional Leader

Concurrent session G & H:

1. Paediatric Surgery Hernias, undescended testes, when to refer – **Mr Brendon Bowkett**
2. Paediatric Gastrointestinal Endoscopy and Surgical GI Disorders – **Professor Mark Stringer**
3. Paediatric Ophthalmology

Plenary session:

- An overview of Neuromaturational disorders (ASD / ADHD / SLD / DCD), and quick tips on management in primary care, **Andrew Marshall**, Clinical Leader, Child Health General and Community Paediatrician CCDHB

Close of Conference – final remarks

Partners and sponsors

Event partners



Endorsement (11.5 credits)



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Bowen Icon Cancer Centre
Wakefield Hospital
Bowen Hospital
Royston Hospital
Sanofi
Seqirus (NZ) Ltd
Archer Medical
Roche Products (NZ) Ltd
Pacific Edge Diagnostics
Southern Cross Healthcare

Conference details

When

Friday 19 March – Saturday 20 March 2021

Times

Fri. 19 March: 0800-1730 – Conference

Fri. 19 March: 1730-1930 – Networking Function

Sat. 20 March: 0830-1630 – Conference

Where

Te Papa, 5 Oceania Room, Level 3, 55 Cable Street,
Wellington, New Zealand, +64 (04) 381 7000

Catering

Refreshment breaks and lunches will be provided throughout the conference and are included in your full or one day registration. The Networking Function and all catering will be served in the venue where the trade exhibition is located and are included in all two day registrations.

Dress

Smart casual dress for all sessions and Networking Function.

Car Parking – Te Papa

Discounted parking in the Te Papa car park is available for delegates at the rate of \$12.00 per day from 6:00am - 6:00pm and a special evening rate of \$6.00 from 6:00pm to 2:00am the next day. The maximum charge on a 24 hour period is \$30.00. For this special rate please visit the conference Registration and Information Desk to validate your parking ticket. The car park is accessible off Cable Street.

Special Requirements

Every effort will be made to ensure delegates with special needs are catered for. Should you require any specific assistance or catering, please give details required on your registration form. [🔗](#)



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Catch up in comfort

Some of our previous CME meetings have been recorded, and are available to view from anywhere at anytime.

For details, please email
marketing@evolutioncare.com

Endorsed CPD Activities

Evolution Healthcare hosts a variety of Continuing Medical Education (CME) sessions for GPs throughout the year. Each session enables you to meet consultant physicians and surgeons, receive expert feedback and discuss topics. To suggest a topic, request information, or register for a CME, please contact marketing@evolutioncare.com



Ana Braithwaite
Gastro CME

DATE:

16 February, Napier

Upcoming CME Meetings

2021 Date	Speaker	Specialty	Topic/Details	Venue/Format	CME endorsed up to:
16 February	Dr Ana Braithwaite	Gastroenterology	Gastroenterology Updates	East Pier, Napier	2 credits
February	Jessica Hardley and Kahn Higgs	Psychology	Personality Disorders	Webinar	1 credit
19 – 20 March	Connect Conference	Orthopaedics	Orthopaedic Updates	Te Papa Museum, Wellington	11.5 credits
TBC	Panel	Cardiology	Cardiology Updates	Kapiti Coast	2 credits
TBC	Dr Rita Yang	Plastic and Reconstructive Surgeon	Gender Affirming Surgery	Wellington	2 credits







Bowen Hospital provides the latest ophthalmic technology

Evolution Healthcare and Bowen Hospital are meeting the needs of the Wellington community as the first private hospital in New Zealand to invest in the latest ophthalmic specialised technology and equipment available.

The demand for the specialised 3D equipment was accelerated due to Covid Alert Levels and increased specialist protective gear requirements such as face shields, restricting the ability to perform certain procedures.

Alcon's NGenuity® 3D Visualisation System replaces the analogue system and fixed scope with a 3D heads-up display, allowing the specialist and theatre team to view the procedure in 3D via a 55" inch, 4K OLED display.

In addition, Evolution Healthcare and Bowen Hospital have acquired the Alcon Centurion Active Sentry™ which monitors and maintains the optimum pressure during cataract procedures. The system automatically detects flow rate, irrigation pressure and vacuum to maintain target IOP (interocular pressure). Evolution Healthcare is set to acquire this system for their private hospital, Royston Hospital situated in Hawke's Bay.

Dorothy Shaw, General Manager of Bowen Hospital, acknowledges the investment in technology for private ophthalmology procedures.

"The new ophthalmic technology is a first for a private hospital in New Zealand and we're proud to be that first private hospital. It demonstrates our ongoing commitment to meet the needs of the Wellington community with the latest innovative techniques and equipment".



“The system can easily be moved around our four theatres and can be at the ready for the increased needs in Ophthalmology. It is fantastic to have the new technology to assist our specialists with complex and delicate retinal and other ocular procedures,” said Ms Shaw.

Alcon Country Franchise Head, Surgical Karen Fowler emphasised that Bowen Hospital is leading the way with advanced technologies in these unprecedented times. “The current environment demands every precaution to safeguard both our first-line staff and patients”, Ms Fowler said. “With the NGenuity® 3D Visualisation System, Bowen Hospital surgical teams are able to wear full PPE during retina surgery while viewing at a physical distance. Both this system and the Centurion Active Sentry are ideal for teaching purposes”.

Since 2009 Evolution Healthcare (previously trading as Acuity Health Group) has invested in significant developments for Bowen Hospital with a fourth theatre commissioned early 2020. As leaders in private healthcare, Evolution Healthcare is committed in providing quality care across New Zealand with developments across many of its hospitals, including the redevelopment of Wakefield Hospital in Newtown, Wellington.

For more information, contact our Specialist Medical Centre



P: 04 479 2019



E: spec.centre@bowen.co.nz



W: bowen.co.nz

New Consultants

A warm welcome to our new Consultants.
Please feel free to contact them directly.



Phoebe Poulter Clinical Psychologist

BA HONS (PSYCHOLOGY),
MSC (PSYCHOLOGY), PGDIPCLINPSYC
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F: (09) 282 4872
E: REFERRALS@RECENTRE.CO.NZ

About Phoebe

Phoebe is a Clinical Psychologist who has experience working with children, adolescents, and adults in a range of public and private mental and physical health settings. She uses a holistic approach to mental health drawing upon an awareness of the mind and body to navigate life challenges and bolster wellbeing and resilience.

She has specialist experience in working with eating disorders, obsessive-compulsive disorder (OCD), specific phobias and other anxiety-based disorders, stress and burnout, low mood, relational difficulties, navigation of stressful life events and significant transitions/ adjustments, and coping with chronic pain and illness.

Phoebe is eclectic and client-centred in her approach to therapy, drawing upon a range of evidence-based therapeutic approaches to suit the individual who walks through her door. These primarily include Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), mindfulness, self-compassion, and concepts/skills from Dialectical Behaviour Therapy (DBT).

“Phoebe is eclectic and client-centred in her approach to therapy, drawing upon a range of evidence-based therapeutic approaches to suit the individual who walks through her door.”



Dr Susanna Galea-Singer

Consultant Psychiatrist

M.D (1992), MRCPSYCH (2002),
MSC IN ADDICTIVE BEHAVIOUR (1996),
DIPLOMA IN FORENSIC MENTAL HEALTH (2000)
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PROFILE VIDEO: [CLICK HERE](#)

About Susanna Galea-Singer

Dr Susanna Galea-Singer has a passion for providing care and treatment to individuals, families and whānau who are affected by mental health and/or substance dependence problems, helping them identify what matters to them, and helping them bring out their strengths that sets them off on their recovery journey. Susanna is an experienced psychiatrist, who has been working in the area of psychiatry for more than 20 years. Having worked within mental health and substance dependency services across different countries (NZ, Malta and the UK), provided Susanna with an opportunity to engage with individuals from different cultures, ethnicities and backgrounds.

Susanna has a particular interest in co-existing addiction and mental health issues. Her approach is to engage and listen, considering the individual's experience and, together with that individual, developing an effective treatment programme designed to make a difference to what matters to that individual, their family and whānau. Susanna shares her expertise with her patients to help them through their journey of recovery.

In addition to supporting individuals, Susanna has been working in clinical lead positions, and has contributed to the scientific knowledge of mental

health and addiction through involvement in research projects, training, presentations, nationally and globally, and various publications. Susanna is an Honorary Senior Lecturer & Associate Director of the Centre for Addictions Research, University of Auckland and is an internationally recognised psychiatrist, holding a Board position on the International Society of Addiction Medicine and Chair positions of committees of the Royal Australian and New Zealand College of Psychiatrists.

“Her approach is to engage and listen, considering the individual's experience and together with that individual, developing an effective treatment programme designed to make a difference to what matters to that individual, their family and whānau.”





Dr Dennisa Davidson Consultant Psychiatrist

MBBS, FRANZCP,
DIPLOMA IN CHILD & ADOLESCENT PSYCHIATRY
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PROFILE VIDEO: [CLICK HERE](#)

About Dennisa Davidson

Dennisa has expertise in the management of stress and stress related issues that begin in childhood.

If your patients or their children suffer from symptoms such as emotional distress, urges to self-harm, mood changes, anxiety, panic attacks, spacing out, nightmares, flashbacks, re-living experiences, inability to tolerate certain sounds or touch or 'behavioural challenges' it may be from stressful past and sometimes ongoing life experiences.

Dennisa's passion is to help her patients to heal, and find hope and joy in living their best lives.

Dr Davidson's approach to child and adolescent care

The practical problems children and adolescents often face with childhood stress (also sometimes called 'Developmental Trauma' or 'Toxic Stress') can be wide ranging from decreased performance at school, problems with peers, problems in the family system, swinging emotions, problems with eating, bed wetting, soiling or other physical symptoms. Some people can hear voices though these may not be due to psychosis. Often a certain diagnosis is made but does not seem to 'fit' and therapies can be difficult to engage with. It is not uncommon for these young people to go on to trial alcohol or drugs.

If this sounds relevant for one of your patients, then a closer look into this may help.



If the suffering is from childhood stress, there is possibility for healing. Dennisa's passion is to help her patients break through the cycle and find hope, by working alongside them and the team at Re-Centre.

She uses the principles of 'Neurosequential Model of Therapeutics' (NMT) in her approach and does an NMT 'Brain Map' to guide therapeutic planning when needed. She takes her patients through a tailored approach, using their strengths, to begin the process of healing. Her prescribing is tailored to dampening the stress response system, which is usually dysregulated in these situations.

In older children, adolescents and youth, she is passionate about using an actively motivational approach to help them visualise and create a different future for themselves – to find a Dream and then set on the path to achieve it.

Dennisa is a Christian Psychiatrist and understands the importance of wholesome health in which spiritual health plays a role but may sometimes be difficult to talk about. Whether it is to explore spiritual concepts to build resilience or about disappointments and hurts from spiritual or religious experiences, Dennisa is available to help walk your patients through it, whatever their age or stage in life.



Dr Daisy Wildash

Gynaecologist

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EDI: EVOHCARE
CONSULTS AT WAKEFIELD SPECIALIST MEDICAL CENTRE

About Daisy Wildash

Daisy is a New Zealand trained obstetrician and gynaecologist. While making patients feel at ease with her kind and caring manner and effective communication, she also aims to empower women helping them understand what they are going through.

With a special interest in colposcopy, Daisy participates in quality assurance activity to monitor outcomes in both diagnostic and therapeutic colposcopy. She has excellent working relationships with fellow colposcopists, nurses and pathologists to ensure up-to-date and sound clinical practice.



Dr Ana Braithwaite

Consultant Gastroenterologist

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INTERVENTIONAL ENDOSCOPIST
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EDI: SHAPEMYH
OPERATES AT ROYSTON HOSPITAL

Speciality

Gastroenterology consultant, Interventional Endoscopist

About Ana Braithwaite

Dr Braithwaite specialises in providing personalised, evidence-based care for people with gastrointestinal conditions including Inflammatory Bowel Disease (Crohn's disease, ulcerative colitis), coeliac disease, gastro-oesophageal reflux and IBS. She has a special interest in bowel cancer screening, detection and early treatment of polyps, and familial and hereditary bowel cancer. She provides endoscopy services including colonoscopy, gastroscopy and ERCP. She has expertise in bowel cancer screening, endoscopic resection of large colonic polyps, stricture dilatation, and stent placement.

Dr Braithwaite graduated from medical school in 2008 in Peru. Her gastroenterology training was undertaken in Spain, with subsequent interventional endoscopy fellowship years in Addenbrooke's Hospital in Cambridge, the Royal Brisbane and Women's Hospital, and The Alfred in Melbourne. Having moved to Hawke's Bay in 2018, Dr Braithwaite is the Clinical Lead of the National Bowel Cancer Screening Programme.

Special interests

Coeliac disease, Endoscopy (Gastro), IBD, IBS, Lower GI (Gastro), Upper GI (Gastro), Bowel cancer screening, Early detection and treatment of polyps



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Mr Ausha De Silva Gynaecologist Obstetrician

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Speciality

Gynaecology and Obstetrics

About Ausha De Silva

Mr Ausha De Silva is a Gynaecologist and Obstetrician who completed his specialist training in England. Prior to moving to New Zealand with his family in January 2018, Ausha served as a Consultant Gynaecologist and Obstetrician for the National Health Service (NHS).

Ausha practises privately at Bowen Hospital and Boulcott Hospital. He is a Senior Medical Officer (SMO) and Clinical Lead for Gynaecology at Hutt Valley District Health Board, and a Clinical Lecturer at the University of Otago, Wellington.

In 2018 Ausha was admitted to the Fellowship of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists, and granted his Vocational Scope for practice in Obstetrics and Gynaecology by the Medical Council of New Zealand. Ausha was admitted to the Membership of the Royal College of Obstetricians and Gynaecologist, UK in 2010. In 2014 he was awarded his Certificate of Completion of Training by the General Medical Council and was placed in the specialist register in the UK. He also holds a Diploma from the Faculty of Sexual and Reproductive Health, UK.

Prior to moving to New Zealand, Ausha served as an Honorary Senior Lecturer at the University of Aberdeen, UK. He has also taught postgraduate students in Gynaecology and Obstetrics at various international educational events on behalf of the RCOG, UK. At present, Ausha is a Training Supervisor of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

Ausha was awarded a Fellowship by the British Society for Gynaecological Endoscopy to undertake training in advanced laparoscopic surgery at the Women's and Children's Hospital in Adelaide, Australia which he successfully completed in 2014.

Ausha is a generalist gynaecologist with his main clinical interest in gynaecological endoscopy (both advanced laparoscopic and hysteroscopic surgery). He is experienced in a variety of advanced surgical procedures including Total Laparoscopic Hysterectomy (TLH) and experienced in caring for women with complex gynaecological problems. His clinical interests include:

- Menstrual Disorders and abnormal uterine bleeding
- Endometriosis
- Pelvic Floor Surgery
- Management of ovarian cysts
- Urinary incontinence
- Chronic pelvic pain
- Menopause and HRT
- Vulval disorders

Ausha's practice excludes colposcopy.

Outside work, Ausha is a keen amateur wildlife photographer and also a fitness and nutrition enthusiast.

Operates at: Bowen Hospital 

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What we offer

- Experienced, local doctors providing consistent care
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- No wait list – consultation and treatment in a timely manner
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Crofton Downs Wellington 6035

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referrals.bowen@oncnz.team

boweniconcancercentre.co.nz

Our Doctors

Clinical Haematologist



Dr Anup George

Medical Oncologists



Dr Catherine Barrow



Dr Kate Clarke



Dr Brendan Luey



Dr Anne O'Donnell



Dr David Okonji

Radiation Oncologists



Dr Douglas Iupati



Dr Carol Johnson



Dr Han Kim



Dr Nichola Naidoo



Dr Anna Nicholson

Nā tō rourou, nā taku rourou ka ora ai te iwi

With your food basket and my food basket
the people will thrive*





*This refers to co-operation and the combination of resources to get ahead.

(Source: Kōrero Māori website which was developed by Te Taura Whiri i te reo Māori – the Māori Language Commission: <http://www.korero.maori.nz/news/mlw/> and Woodward Ltda (Chile): <http://www.maori.cl/Proverbs.htm>)

Quality Improvement Awards 2020

CELEBRATING HIGH
QUALITY CARE



Striving for excellence



Evolution Healthcare Quality Improvement Awards 2020

Each year, Evolution Healthcare proudly holds a Quality Awards event, showcasing quality improvement initiatives undertaken by our Group. Over two days our judging panel had the tough task of judging 12 quality initiatives, all designed on improving patient experience and care.

Our judges included Ben Thynne, Managing Director Evolution Healthcare, Sue Channon, Chief Executive Officer Evolution Healthcare, and guest judge Gillian Bohm from the Health Quality and Safety Commission.

Whilst this year was overshadowed by Covid-19 and changed the way the presentations and Awards were facilitated, Evolution staff pushed forward with their projects.

Well done to all this year's entries for the continuous improvement in patient quality and care.

Winners will be announced early December.





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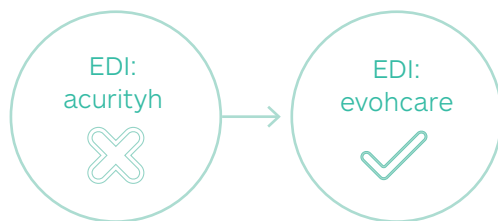


Our Healthlink EDI has changed

Updates for Wellington GPs and Practices

BY JESSICA STONE, COMMUNICATIONS ADMINISTRATOR,
EVOLUTION HEALTHCARE

Change for Wellington GP's & practices



As of Monday 9 November 2020, we welcomed referrals to our new EDI – **evohcare**. If you have not done so already, please update your Patient Management Systems where acurityh is found and replace it with evohcare. Note that to ensure we continue to receive all patient referrals during the transition to our new EDI, we have set up an automatic redirection from acurityh to our new EDI.

If you have any questions related to referring your patients to our specialists, please contact one of our Medical Centres on the details that follow.

Thank you for your continued support as we transition from Acurity Health Group to Evolution Healthcare.

Have a question?

Bowen Specialist Medical Centre

98 Churchill Drive, Crofton Downs
Wellington
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EDI: **evohcare**

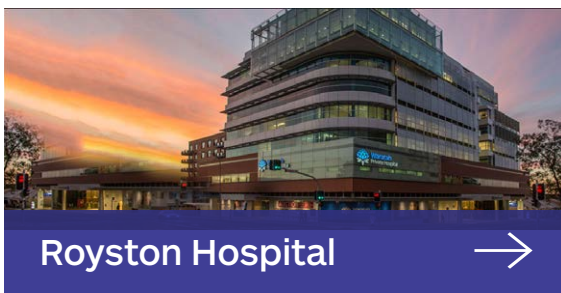
Wakefield Specialist Medical Centre

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NEW ZEALAND

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