The objectives of the 2008 Research and Clinical Services Report:

- To demonstrate Peninsula Health’s commitment to research relevant to the needs of its community.
  
  This is highlighted on pages 8-17 where research related to the causes of death and disability amongst members of our community is highlighted along with research initiatives to improve patient comfort and care during treatment.

- To acknowledge the research achievements and services provided by Peninsula Health’s dedicated staff.
  
  This is highlighted on pages 18-49 where the contributions to research and patient care by our clinical departments are described.
I am pleased to introduce Peninsula Health’s 2008 Research and Clinical Services Report.

At the beginning of the 2007/08 year, the Health Service’s commitment to the advancement of research was formalised with the development of the Peninsula Health Research Strategy. Representatives of Peninsula Health, the community, and our partner institutions, Monash and Deakin universities, attended a Research Planning Workshop where the Strategy was developed.

Recommendations of the Research Strategy included the establishment of a Research Council and a sessional position for a Director of Research.

The Council has three Strategic Objectives:

- To foster excellence in research and innovation to improve health outcomes for our community
- To build research capacity through the development of relationships with our partner institutions and community
- To encourage a research culture.

The role of the Director will be to foster a research culture that attracts, develops and retains research professionals in order to build research capacity and to provide research leadership, and in particular, oversee the implementation of the Peninsula Health Research Strategy.

In early 2008, Associate Professor Christopher Gilfillan resigned from Peninsula Health to take up a position at Eastern Health. Associate Professor Gilfillan chaired the Research Development Committee during the last year. Highlights included the creation of a research fellowship and our third Research Week and Jeremy Anderson Oration.

It is hoped that a permanent appointment to the Director of Research position will be made in the coming months.

Community representation continues to play an important role in research and its outcomes, and it was pleasing to note increased interest in the Community Representative positions on the Human Research and Ethics Committee. For the first time, Research Week 2008 will include a public forum to inform our community of the research undertaken at Peninsula Health.

Research is a vital part of any leading organisation and the establishment of the structures described above will assist the growing number of dedicated Peninsula Health researchers in further developing the quantity, quality and diversity of research being undertaken. The impressive accomplishments of individuals, departments and collaborative interdisciplinary teams, across all areas of the Health Service, are evident throughout this report.

Dr Sherene Devanesen
Chief Executive
On behalf of the Board of Directors, I am pleased to deliver my fourth annual report as Chair of the Peninsula Health Human Research and Ethics Committee (HREC).

This Committee is comprised of dedicated Peninsula Health Board members, staff, and members of the community. It meets monthly to ensure that research involving human participants, for which Peninsula Health is responsible, is reviewed and monitored in accordance with the revised National Statement on Ethical Conduct in Human Research (2007).

During 2007/08 the committee considered 34 new projects, of which 14 were drug trials, primarily in the areas of mental health and oncology. Anaesthesia, Cardiology, Emergency Medicine, Intensive Care, Thoracic Medicine and Allied Health departments also submitted research proposals for consideration by the Committee.

Eleven studies were also considered where the Principal Investigator was external to Peninsula Health. These included student projects from Monash University and multi-centre non-drug trial research.

HREC review was not required for an additional 13 applications as these were assessed to be quality assurance activities, evaluation studies, or studies where the risk to participants was negligible.

Other activities include:

- Revision of the HREC Terms of Reference and review documents to reflect the requirements of the revised National Statement on Ethical Conduct in Human Research (2007).
- Review of the Committee’s performance against internationally accepted benchmarks in terms of communicating decisions and approval times. It was pleasing to note that our responses were within acceptable timeframes.
- Development of new policies regarding:
  - Reporting of Serious Adverse Events in conjunction with the Drugs and Therapeutics Committee
  - Review of research for local organisations or affiliated researchers without access to their own HREC.

As part of our continuing education program, Committee members were addressed by guest speakers on the Health Records Act as it relates to research, and Capacity to Consent in Mental Health Research. HREC members and staff of the Research Program Secretariat also attended the 2007 National Research Ethics Conference and Continuing Education Day.

I would like to take this opportunity to formally thank our departing members, Mr Peter Brookhouse, community representative, and Dr Stephen Denton. They have provided more than 20 years service between them and their expertise and wise counsel will be missed. Ms Marion Brown, a community representative, and Mr Rod Evenden, a lawyer, also contributed generously during their terms.

The Committee welcomes new members: Dr Craig Fry, Senior Research Fellow and National Health and Medical Research Council (NHMRC) Public Health Postdoctoral Fellow Ethics Unit, Murdoch Children’s Research Institute and Centre for Applied Philosophy and Public Ethics, University of Melbourne; Associate Professor Terry Loughnan, Director of Anaesthetic Research and Training at Peninsula Health; and Ms Debra Griffiths, Senior Lecturer, School of Nursing and Midwifery, Monash University.

The Committee’s newly appointed lawyer, Mr Adrian Stone, is an accredited Family Law Specialist with Richard Calley, Family Lawyers, who have a practice in Frankston.

New community representatives are Mr David Harrison who lives locally and has recently retired from the position of Director of Monash University Research for an Ageing Society and Ms Catherine Brit who has a Master of Bioethics.

The Secretariat also farewelled Ms Kerryn Kaio and welcomed Ms Stacey Hendriks.

The Board is most appreciative of the contributions of Committee members and I look forward to working with our new members in the year to come.

Liza Newby
Chair, Human Research and Ethics Committee.
Professors and Associate Professors have an integral role in the advancement of research and clinical practice throughout the Health Service by providing mentoring, teaching and supervision to postgraduate students and junior medical staff.

Their expertise and experience also enhances the provision of services provided to patients and clients of Peninsula Health.

Many of these senior academic roles are joint appointments with Monash University. These appointments underpin Peninsula Health’s ongoing commitment to strengthening research and academic activities by developing and maintaining close partnership ties with our nearest tertiary institution, where many of our staff have, or will have, academic or employment associations.

Associate Professor John Botha, Director of Intensive Care
Associate Professor Ernie Butler, Director of Neurology
Professor Joseph Ibrahim, Aged Care Medicine, joint appointment with Monash University, as the foundation Professor of Aged Care Medicine (until June 2008)
Associate Professor Chris Gilfillan, Director Diabetes and Endocrinology (until February 2008)
Associate Professor David Langton, Director of Medicine and Thoracic Medicine
Associate Professor Terry Loughnan, Director of Anaesthetic Research and Training
Associate Professor Michael McCullough, Specialist in Oral Medicine
Associate Professor Ian McInnes, Acting Clinical Director of Surgery
Associate Professor Richard Newton, Director of Psychiatric Services
Professor Margaret O’Connor, Palliative Care Nursing, appointed as Vivian Bullwinkel Chair in Nursing, in conjunction with Monash University
Associate Professor Colin Russell, Director of Surgery (until November 2007), Head of Unit, General Surgery and Upper Gastrointestinal Surgery
Professor Jonathan Serpell, Head of Unit, Breast, Endocrine Surgery and Surgical Oncology
Associate Professor Amarendra Trivedi, Director of Women’s, Children’s and Adolescent Health
Associate Professor Jeff Wassertheil, Director of Emergency Medicine
Research Grant Recipients 2007/08.

In the 2007/08 financial year the Research Development Committee awarded over $23,000 in research grants. The following staff members were awarded Small Grants in Medical Research:

- **Mrs Rebekah Beard**  
  Occupational Therapy  

- **Ms Cathryn Hoppner**  
  Psychiatric Services  
  Factors contributing to the decision to seclude a patient in the acute psychiatric setting.

- **Associate Professor Richard Newton**  
  Psychiatric Services  
  Accommodation needs for people with a mental illness.

- **Dr Murray Taverner**  
  Pain Management  
  A double-blind randomised control trial of active and inactive transcutaneous pulse radiofrequency treatment for complex knee pain in patients with painful knees awaiting knee replacement surgery.

- **Dr Franco Schreve**  
  Emergency Medicine  
  The effectiveness of methoxyflurane, administered via the Penthrox Inhaler, as an analgesic agent in patients undergoing minor painful procedures in the Emergency Department.

- **Dr Ashley Webb**  
  Anaesthesia  
  Optical stylet intubation: a comparison of the Bondfils stylet (retromolar approach) with Levitan stylet (midline approach) for routine intubation.

2007 Research Week

**Registrar Research Prize and Tyco Award**

Neurology Registrar **Dr Jayantha Rupasinghe** was the winner of the 2007 Registrar Research Prize and Tyco Award.

Dr Rupasinghe’s research presentation was titled:  
*A systematic evaluation of emergency management of suspected transient ischaemic attacks (TIA) in an Australian outer metropolitan hospital.*

The project aimed to assess the characteristics, management and outcomes in patients with transient ischaemic attacks/minor ischaemic strokes (TIA/MIS) and compare the management with published stroke guidelines. Dr Rupasinghe was awarded a Small Grant in Medical Research from the Research Development Fund for this project in the previous year.

Dr Rupasinghe received $1000 and an engraved shield, and his name was included on the Registrar Research Prize Honour Board.

Other Registrars who presented in 2007 were:

- **Dr Jonathan Cohen**  
  Diabetes and Endocrinology  
  Optimising patient care through the development of an osteoporosis service.

- **Dr Herath Mudiyanselage Meththananda Herath**  
  Diabetes and Endocrinology  
  Change of pattern of oral glucose tolerance test in pregnant women with gestational diabetes mellitus on the Mornington Peninsula over a 10 year period.

- **Dr Uche Menakaya**  
  Obstetrics and Gynaecology  
  Outcome of external cephalic version in the Women’s, Children’s and Adolescent Health (WCAH) Department, Frankston Hospital (2005-07).

- **Dr Vachara Niumsawatt**  
  Anaesthesia  
  Comparison of outcomes between obese and non-obese patients following elective laparoscopic cholecystectomy at Peninsula Health.

- **Dr Michael Patterson**  
  Anaesthesia  
  Preoperative management of diabetes: an audit of current practice.

- **Dr Aye Tint**  
  Diabetes and Endocrinology  
  The relationship between psychological parameters and glycaemic control in a diabetic clinic setting.

- **Dr Ravindranath Tiruvoipati**  
  Intensive Care  
  Predictors of Intensive Care Unit mortality in patients with sepsis.

  High flow nasal oxygen versus high flow face mask oxygen in extubated patients: a randomised crossover trial.

- **Dr Jill Tomlinson**  
  Plastic Surgery  
  Anterior fontanelle morphology in unilateral coronal synostosis: implications for clinical diagnosis of frontal plagiocephaly.
Long-term outcomes of surgical tongue reduction in Beckwith-Wiedemann Syndrome.

- **Dr Dean Trotter**
  Plastic Surgery
  The split thickness skin graft donor site: a comparative study of Tegaderm Absorbent and Kaltostat Alginate dressings.

- **Dr Michael Tsiripilis**
  Intensive Care
  Death and end-of-life management in a metropolitan Intensive Care Unit.

- **Dr Poh Yen Yeo**
  Urology
  Myth busters: the indwelling catheter.

### Allied Health and Nursing Research Symposium

Eleven nursing and allied health research projects and quality improvement initiatives were presented at the Peninsula Health Allied Health and Nursing Research Symposium.

They were:

- **Rebekah Beard**
  Occupational Therapy
  The effectiveness of hand therapy interventions for scar management: a systematic review.

- **Melissa Bloomer**
  Nursing - Intensive Care
  Death and end-of-life management in a metropolitan ICU.

- **Jan de Clifford and Frances Caplygin**
  Pharmacy
  Early medication reconciliation: the early bird catches the worm!

- **Karen Edis**
  Nutrition and Dietetics
  Well for life. A health promotion project in a residential aged care setting.

- **Kate Fetterplace and Renee Gleeson**
  Nutrition and Dietetics
  Is the progression through clear fluid and thin fluid diets necessary postoperatively?

- **Nikki Hale (presented by Caroline Stapleton)**
  Ageing Well
  Social dimensions of adherence to a physical activity program for older Victorians.

- **Sarah Heffernan and Allison Nairn**
  Occupational Therapy
  Development of a mentoring program for new graduate occupational therapists.

- **Peter Hough**
  Physiotherapy
  Testing the reliability of measuring muscle strength with a hand held dynamometer following a brief training protocol.

- **David Lewis**
  Nursing - Intensive Care
  A comparison of high flow nasal oxygen to high flow face mask oxygen in extubated patients.

- **Kate O’Brien and Nicola Glover**
  RAD Team
  Evaluating long bone fractures in the Emergency Department for children under five years: meeting the challenge of child protection.

- **Raisa Shaikh**
  Nutrition and Dietetics
  Nutrition risk management using a pre-assessment priority tool.

The Allied Health Research Prize was awarded to **Jan de Clifford and Frances Caplygin** for their project titled: *Early medication reconciliation: the early bird catches the worm!* The aim of their project was to evaluate the impact of an Emergency Department-based clinical pharmacist on prescribing errors on medication charts, 24 hours after admission.

Jan de Clifford received the award from Lisa Barker, winner of the 2006 Allied Health Research Prize.

The Nursing Research Prize was awarded to **David Lewis** for his project titled: *A comparison of high flow nasal oxygen to high flow face mask oxygen in extubated patients.* The aim of the study was to investigate blood gas exchange in patients receiving blended oxygen and air by means of high flow face mask or high flow nasal prongs, examining patients’ tolerance and comfort level for both.

David Lewis received his award from Associate Professor Wendy Cross, Deputy Head of School, Nursing and Midwifery, Faculty of Medicine, Nursing and Health Sciences, Monash University.

The award winners each received $1000 and had their names engraved on the respective Honour Boards.
Finalists in this category included:

- **Ms Kaye Bellis**  
  Infection Prevention and Control  
  High 5 on hand hygiene.

- **Ms Melissa Bloomer**  
  Nursing - Intensive Care  
  Death and end-of-life management in a metropolitan ICU.

Other entrants in the 2007 Poster Display Competition:

- **Mr Michael Davis**  
  Physiotherapy  
  Screening stroke patients for a very early rehabilitation trial (AVERT).

- **Ms Karen Edis**  
  Nutrition and Dietetics  
  Using the quality cycle to develop menu nutrition standards for the Peninsula Health patient menu.

- **Ms Tracey Harmer and Ms Jakqui Barnfield**  
  Nursing - Psychiatry  
  What a wonderful world.

- **Mr Peter Hough**  
  Physiotherapy  
  Testing the reliability of measuring muscle strength with a hand held dynamometer following a brief training protocol.

- **Ms Fiona Kent**  
  Physiotherapy  
  Circuit training for stroke patients.

- **Mr David Lewis**  
  Nursing – Intensive Care  
  A comparison of high flow nasal oxygen to high flow face mask oxygen in extubated patients.  
  Intensive care nurse’s knowledge of arterial pressure monitoring.

- **Ms Kate O’Brien and Ms Nicola Glover**  
  RAD Team  
  Evaluating long bone fractures in the Emergency Department for children under five years: meeting the challenge of child protection.

- **Dr Jayantha Rupasinghe**  
  Neurology  
  Outpatient management of transient ischaemic attacks by the general practitioner in an Australian outer metropolitan region.

- **Dr Ravindranath Tiruvoipati**  
  Intensive Care  
  Early predictors of mortality in elderly patients with sepsis.

The People’s Choice Award was once again very popular with hundreds of votes lodged. The overall winners were:

- **Ms Kate Fetterplace and Ms Renee Gleeson**  
  Nutrition and Dietetics  
  Is the progression through clear fluid and thin fluid diets necessary postoperatively?
**Research Dinner and Jeremy Anderson Oration**

More than 100 senior staff members and their guests attended the third Peninsula Health Research Dinner and Jeremy Anderson Oration at The Peninsula Country Golf Club.

The dinner was held to recognise the excellence and diversity of research being conducted at Peninsula Health, and also to honour the late Professor Jeremy Anderson, a former Board member, friend and mentor to many at Peninsula Health.

Professor Anderson was the former director of the Monash Institute of Health Services Research before taking on the role of Professor of Epidemiology and Biostatistics at The University of Melbourne.

The Health Service was honoured to have Professor Patrick McGorry, Professor of Youth Mental Health at The University of Melbourne, deliver the Jeremy Anderson Oration. Professor McGorry gave an interesting and thought-provoking speech titled:

**Early intervention for emerging mental disorders in young people: a best buy mental health reform.**

Professor McGorry is a world leading researcher in the area of early psychosis. He is currently the Executive Director of the ORYGEN Research Centre, the Director of Clinical Services of ORYGEN Youth Health, Chair, Executive Committee, Headspace: the National Youth Mental Health Foundation and the Editor-in-Chief of Early Intervention in Psychiatry.

Professor McGorry has contributed significantly to research in the area of early psychosis over the past 20 years, playing a pivotal role in the development of service structure and treatments specifically targeting the needs of young people with emerging or first-episode psychosis.

In 2008, the Jeremy Anderson Oration, will be presented by Professor Steve Wesselingh, Dean, Faculty of Medicine, Nursing and Health Sciences, Monash University.

**Research Week sponsors**

AstraZeneca  
Eli Lilly  
Merck Sharp & Dohme  
Sanofi-aventis  
Schering-Plough  
Tyco Healthcare

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**Dr Priscilla Yardley**

Psychiatric Services  
Putting evidence into practice: evaluation of training clinicians to practice Cognitive Behavioural Therapy as part of routine care in an area mental health service.

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**Associate Professor Chris Gilfillan; Professor Patrick McGorry, Mr Barry Nicholls, Chairperson, Board of Directors, Peninsula Health, Dr Sherene Devanesen, Chief Executive, Peninsula Health.**

**Ms Kate Fetterplace, Mr Jarrod Barker, Ms Lisa Barker, Mr James Stambanis, Ms Fiona Turnbull.**

**Mr Rod Evenden, Ms Louise Evenden, Mr Lester Sturgess, Ms Liza Newby, Chair, Human Research and Ethics Committee.**

**Dr Patrick Fiddes, Professor Don Campbell, Associate Professor David Langton.**
Cancer

Frozen glove study

One of the most common side effects of chemotherapy is nail toxicity, which includes nail pigmentation, splinter haemorrhage, subungual haematoma, Beau’s lines, acute paronychia and onycholysis (nail lifting). Although most of these nail changes are purely cosmetic, some, such as severe onycholysis can impact on the patient’s ability to carry out household duties or other tasks.

The aim of the study is to investigate if using a frozen glove will reduce nail damage by restricting blood circulation to the fingers whilst patients are administered chemotherapy treatment. In addition, the ease of use for staff and patient acceptability will be assessed.

In this study, a frozen glove will be applied to the patient’s right hand during each treatment, either weekly or three-weekly. The patient’s left hand will be left un-gloved, as the control.

Prior to each treatment, both hands will be photographed and any nail disorders will be graded by a research nurse. These assessments will continue weekly for four weeks following the last treatment, and on final review three months after treatment has stopped. At the end of follow-up, the photographs will be reviewed and graded by an independent observer.

Dr Thomson is aiming to recruit around 20-30 patients to take part in the study and is aiming to present the results at an international meeting in 2009.
Cancer continues to impact heavily on the population utilising Peninsula Health services, being the second highest cause of death or disability, after cardiovascular disease.

Cancers account for 21.6 per cent of the total disease burden in the Frankston and Mornington Peninsula Region, which is almost one per cent higher than the Victorian average of 20.7 per cent.

The cancers most likely to affect our population are lung cancer, melanoma, colorectal cancer, non-Hodgkin’s lymphoma, cancer of the breast and cervix among women and prostate cancer among men.

Clinical Research is an integral part of Medical Oncology at Peninsula Health. The clinical trials are coordinated by a team of seven research staff who have a wide range of skills including nursing and psychology.

The Unit has conducted more than 90 clinical trials over the past nine years. There are currently 19 trials open for patient recruitment, however there are more than 40 trials currently in the follow-up phase. These trials continue to monitor the progress of patients after their treatment is finished and often for up to 10 years. There are approximately 200 patients in the follow-up phase of trials investigating treatment for many forms of cancer.

Participation in clinical trials has contributed to improvements in the quality of care within the Unit and has allowed patients to access some of the latest treatment developments in oncology and haematology.

Cancer research not only focuses on drug treatments and potential cures, but also investigates ways of improving patient care during treatment. One such project, initiated by Peninsula Health Medical Oncologist, Dr Jacqui Thomson, is a study into the use of a frozen glove to prevent fingernail disorders in patients receiving chemotherapy.

**Other new cancer trials 2007/08**

**Colorectal cancer**
- A phase III randomised study of brivanib alaninate (BMS-582664) in combination with cetuximab (ErbituxO,C225) versus placebo in combination with cetuximab (ErbituxO,C225) in patients previously treated with combination chemotherapy for metastatic colorectal carcinoma.

**Breast cancer**
- A randomised, multi-centre, open-label phase III study of adjuvant lapatinib, trastuzumab, their sequence and their combination in patients with HER2/ErbB2 positive breast cancer.

**Leukemia and lymphoma**
- A phase II study in adult patients with newly diagnosed chronic-phase chronic myeloid leukaemia of initial intensified imatinib therapy and sequential dose escalation followed by treatment with nilotinib in suboptimal responders to determine the rate and duration of major molecular response.
- Australasian Leukaemia and Lymphoma Group (ALLG) tissue bank participant information sheet. Patients with a haematological malignancy who undergo a biopsy at Peninsula Health will be asked to consent to excess tissue being sent to the ALLG Tissue Bank at Princess Alexandra Hospital, Brisbane.
- A phase I/II trial to determine the safety and efficacy of combination therapy with 5-azacitidine (Vidaza) and thalidomide in patients with myelodysplastic syndromes (MDS).

**Myeloma**
- A phase Ib, multi-centre, open-label, dose-escalation study of oral LBH589 and IV bortezomib in adult patients with multiple myeloma.

**Ovarian cancer**
- Identification of protein markers for the early detection of ovarian cancer.
Heart Attack and Stroke

Stroke studies
In the Neurology Unit, Dr Jayantha Rupasinghe is involved in research into the efficacy of tissue plasminogen activator (tPA) in the acute treatment of stroke at Frankston Hospital.

In allied health, the Physiotherapy Department is taking part in a multi-centre randomised trial which aims to investigate the effect of commencing early frequent mobilisation in acute stroke. Last year, Physiotherapy also evaluated the implementation of a circuit strengthening program to assist in the inpatient rehabilitation for stroke patients.

A multidisciplinary allied health team at the Golf Links Road Centre has implemented an interdisciplinary education program for patients post stroke. The Speech Pathology Department has been involved in a number of projects aimed at improving assessment and management for patients with swallowing problems after a stroke including the dysphagia screening tool project and the current modified barium swallow (swallow X-ray) study.
Cardiovascular disease, which can result in both heart attack and stroke, remains the highest cause of death and disability for people in Frankston and the Mornington Peninsula. Both male and female rates are above the Victorian state average.

Cardiovascular disease is responsible for about 40 per cent of deaths in Australia. Coronary heart disease is the largest single cause of death, followed by stroke, however stroke is one of the leading causes of long-term disability.

The top risk factors contributing to the burden of disease including smoking, physical inactivity, high blood pressure, alcohol harm, obesity, poor diet and high blood cholesterol are also higher for this region than the general population.

At Peninsula Health, clinicians and allied health staff from across the Health Service including Cardiology, Neurology, Vascular Surgery, Emergency, Intensive Care, Radiology, Pharmacy, Physiotherapy and Speech Pathology are working together to improve the outcomes of patients who have, or who are in danger of, suffering a heart attack or stroke.

The Cardiac Angiography Suite provides cardiac angiography and percutaneous coronary intervention (PCI/stent), pacemaker replacement and transoesophageal echocardiography.

The new Interventional Angiography Suite in the Radiology Department allows patients to have endovascular interventions including balloons and stents in blocked arteries rather than undergoing bypass surgery.

**Stent thrombosis study**

Cardiologist, Dr Gregory Szto is currently taking part in the nationally coordinated Australian Network for Thrombosis in Stents (ANTS) study.

Stent thrombosis is a rare but catastrophic clinical event. The aim of this study is to explore the clinical, lesion specific, procedural and pharmacological factors associated with an increased risk of late stent thrombosis.

Dr Szto aims to recruit 125 patients for the study. This will enable the exploration of many potential factors associated with stent thrombosis in the most efficient manner.

**Cardiovascular medication studies**

The Pharmacy Department has conducted numerous research projects aimed at improving medication safety for cardiovascular patients including various studies on warfarin use. In conjunction with the Peninsula Complex Care Program’s Chronic Heart Failure Stream, pharmacists have studied the role and impact of the complex care pharmacist in managing heart failure. The Pharmacy Department and Cardiology Unit and Ward are participating in a quality improvement initiative targeting the discharge management of patients with acute coronary syndromes (ACS). The activity is organised by the National Prescribing Service in collaboration with the Department of Human Services Statewide Quality Branch. The project aims to improve management of ACS at the point of discharge following an ACS event, with a focus on optimising:

- The prescription of cardiovascular medications
- Provision of education on lifestyle modifications to patients
- Communication between hospitals and patients/carers as well as community healthcare providers regarding post discharge management of patients.

The project engages the expertise of the National Heart Foundation of Australia and the Cardiac Society of Australia and New Zealand. A baseline audit evaluating current practice in up to 60 Australian hospitals commenced in June 2008.

For further information on cardiovascular disease research, please see each department’s listing in this report.
Diabetes

Fadwa Hassan, Clinical Research Coordinator

Fadwa is currently coordinating an investigator-initiated study to assess the effect of diabetes on babies born to mothers with pregestational or gestational diabetes.

The study involves recruiting mothers at the Gestational Diabetes Clinic and collecting blood samples from their newborns, to examine the relationship between foetal glycaemic and oxidative stress exposure and telomere length.

Fadwa began her Peninsula Health career in 1992 as a nurse in the Coronary Care Unit. In 2001 she joined the Diabetes and Endocrinology Unit and has been in her current role as a research coordinator since 2006.

Fadwa has a particular interest in research that investigates the relationship between diet and the development of diabetes.

“I would be interested in coordinating a study to compare organic non-modified diet to the western diet and the effect on diabetes control,” she said.

For more information on diabetes research, please go to the Diabetes and Endocrinology report on page 21.
Diabetes currently ranks seventh in the Top 10 Burden of Diseases for residents of Frankston and the Mornington Peninsula, however the rate of diabetes in our community is rapidly rising.

In 2001 the prevalence of diabetes was 1.4 per cent of the population. By 2006, that percentage had increased to 3.1 per cent of the population, an 84 per cent rise. In Frankston, the rate has increased from 2.2 per cent in 2001 to 3.4 per cent in 2006. The continuation of this trend would suggest that greater than 4 per cent of the population of this region will have diabetes, which will identify it as one of the state’s ‘diabetes hotspots’. This is expected to be confirmed when Diabetes Australia release their 2008 diabetes demographic statistics (not available at time of publication).

Major risk factors for type 2 diabetes, including physical inactivity, poor diet and obesity, all feature in the Top 10 major risk factors that contribute to the burden of disease in this region.

Clinicians from Peninsula Health’s Diabetes and Endocrinology Unit, along with allied health and nursing staff, are working hard to combat this trend through research and education.

There are four research coordinators in the Diabetes and Endocrinology Unit. They work with a Principal Investigator to oversee all aspects of a research study. This may mean screening participants, organising equipment, ensuring that protocols are met, maintaining data, taking samples and ensuring that they comply with reporting requirements of sponsors, regulatory agencies and the Human Research and Ethics Committee.

The Unit has also established a database as part of an epidemiological study to determine the characteristics of the diabetic population on the Peninsula, to enable better planning of services.

Diabetes researchers are currently taking part in eight international clinical drug trials, sponsored by the pharmaceutical industry, testing the efficacy of two new orally active drugs, known as SYR-322 and MK-431, for the management of type 2 diabetes.

SYR-322 or alogliptin and MK-431 are both oral medications that belong to a class of drugs known as DPP-4 inhibitors, which prolong the beneficial effects of a substance that is normally released in the digestive tract in response to food.

Participants in diabetes studies are carefully monitored by the research team and receive education and counselling in regard to a healthy diet and exercise program.

Using a team approach in close relationship with dietitians, podiatrists, ward and clinic staff, the Unit provides a comprehensive clinical service to inpatients and outpatients including:

- Inpatient acute services at Frankston Hospital
- Inpatient services at The Mornington Centre and the Golf Links Road Centre
- The Diabetes Complications Clinic
- The Gestational Diabetes Clinic
- The Insulin Stabilisation Clinic
- The Young Adults with Diabetes (YADS) Clinic
- Paediatric Diabetes Clinic.

Peninsula Health also hosted a public health forum exploring prevention and early detection of type 2 diabetes.
Mental Illness

Xenia Jung, Clinical Trials Coordinator

Xenia Jung is the Clinical Trials Coordinator at Peninsula Health’s Psychiatric Services. Xenia has a nursing and health information management background and is currently completing her Masters of Nursing (Mental Health). Xenia’s role in the Research Unit involves managing and coordinating approved drug trials. Day to day tasks may include liaising with pharmaceutical companies, GPs and other agencies and reporting on the patient/client’s progress under the supervision of the Principal Investigator. Xenia’s main motivation for being involved in research is to excel in the field in order to achieve better outcomes for clients. “In mental health there doesn’t seem to be many quick fixes and treatment options are limited for clients,” she said. Xenia believes that by being involved in clinical trials she is at the forefront of research. “We have the potential to offer the clients of this service a greater range of treatment choices and perhaps these are alternatives that have not been presented to them previously,” she said.

For more information on Peninsula Health’s Psychiatric Service, go to page 42.

Xenia Jung
Mental Illness is third in the Top 10 causes of death and disability and accounts for 13.1 per cent of the total disease burden in Frankston and the Mornington Peninsula. This is slightly less than the ‘all of Victoria’ total of 13.8 per cent.

In Victoria, one in four women and one in six men will suffer from depression at some stage during their lives.

Peninsula Health Psychiatric Services, led by Associate Professor Richard Newton, is investigating new treatments to help patients suffering from depression.

These include two trials evaluating the efficacy, safety and tolerability of the new generation drug, known as Lu AA21004, in the acute treatment of patients with major depressive disorder.

Another study, comparing mindfulness-based cognitive therapy with usual treatment plus active symptom monitoring for preventing relapse in people who have had recurrent depression (DARE), is also underway.

Aged psychiatry research

With this region’s growing ageing population, Alzheimer’s disease, other forms of dementia and depression in the elderly are also becoming more prevalent.

Dr Steve MacFarlane, Director of Aged Psychiatry, is coordinating a study in patients with Alzheimer’s disease. Whilst current treatments for Alzheimer’s disease provide only symptomatic benefit for a limited period of time, a new investigational compound developed by a Melbourne-based pharmaceutical company, aims to remove the toxic amyloid protein that is thought to be the cause of Alzheimer’s disease, providing hope that the course of the disease can be modified, or that it might ultimately be prevented in those individuals who have the protein present in their brains but are currently asymptomatic.

Dr MacFarlane is also leading an investigation into a randomised, double-blind, placebo-controlled evaluation of the efficacy of memantine on functional communication in patients with Alzheimer’s disease.

A qualitative study into elderly suicide on the Mornington Peninsula is currently in progress. This is a collaborative project with Professor Carol Morse, Director, Health and Wellbeing Research, Monash University, evaluating the factors associated with suicidal ideation in elderly individuals.

Peninsula Health Psychiatric Services is also taking part in an audit of the use of maintenance electroconvulsive therapy in Victorian aged psychiatry services.

Schizophrenia research

Schizophrenia is characterised by psychotic symptoms and a diminished range of expression of emotions. It affects around one in 100 people, and the incidence of onset is slightly higher in males in the 18-25 year age group.

Peninsula Health is currently involved in an open-label multi-centre study to determine the dose distribution of the drug paliperidone ER in patients with schizophrenia. Clinical efficacy, safety and long term treatment outcomes are also being assessed.
Respiratory Disease

Julie Sharp, Research Nurse

A career in research was not something Julie Sharp considered until she was presented with the opportunity in Peninsula Health’s Thoracic Medicine Department six years ago.

After working for many years as a nurse in several specialties, both in Australia and overseas, Julie sought a career that would help her achieve a work and family balance.

Julie is an integral member of the Department of Thoracic Medicine coordinating clinical trials as well as performing lung function testing. She enjoys the variety of her role, that can be as diverse as preparing applications to the Human Research and Ethics Committee for research approval to educating clinical trial participants on how to self-administer subcutaneous infusions of trial medications.

She believes her current role as a research nurse involves improving the lives of patients who have debilitating chronic respiratory conditions which impact on their day to day lives.

Julie says her main motivation for being involved in research work is that it is interesting, varied and allows a thorough understanding of the disease and the new medication being trialled.

“It’s given me an insight that no-one else has unless they are working on the project,” she says.

Dr Ravi Tiruvoipati and Ms Julie Sharp.
The struggle for breath is a continual challenge faced by many individuals in Frankston and the Mornington Peninsula. Chronic respiratory disease, including asthma and emphysema, is fourth on the list of this region’s major burden of disease, and both male and female rates are higher here than the Victorian state average.

In fact, figures show that 10.3 per cent of women in Frankston and the Mornington Peninsula are suffering from a chronic respiratory disease, which is well above the 6.8 per cent Victorian average. This may, in part, be attributed to related data which shows women in this region smoke more than women elsewhere.

At Peninsula Health, researchers in the Thoracic Medicine Department have been active in helping our residents to breathe easier.

Patients suffering from chronic obstructive pulmonary disease (COPD) which includes emphysema and chronic bronchitis, or both, often need home oxygen. Over the last few years, researchers have conducted a study of the profile and needs of almost 250 home oxygen patients. The data collected has had statewide implications in relation to health care planning and delivery, and hospital utilisation.

Asthma patients have also taken part in a study comparing two different ways of treating both the underlying asthma and its symptoms. The respiratory nurses encourage patients to increase their understanding of their disease and assist them in improving their health and quality of life.

More than 3000 tests are conducted each year in the lung function laboratories at Frankston and Rosebud Hospitals. Tests include measurement of lung volumes and capacities, flow rates, bronchial hyper-reactiveness, allergy testing, hypoxia-altitude simulation, exercise walking (for evaluation of home oxygen) and cardiopulmonary exercise testing.

Bronchiectasis study

Bronchiectasis, a chronic lung condition that affects over a half a million people worldwide, may soon have a new effective treatment to add to the regular chest physiotherapy and exercise programs available today.

Bronchiectasis is a result of damage to the airways which causes abnormal dilation of one or more bronchi leading to pooling of mucous in affected areas. Sufferers usually have a persistent cough and abnormal sputum production and some have wheeze and breathlessness due to mucociliary dysfunction. Often quality of life is compromised as many sufferers find the symptoms of bronchiectasis distressing, exhausting and embarrassing.

As part of a multi-centre phase III trial initiated by an Australian pharmaceutical company, Associate Professor David Langton, Dr Gary Braun and Ms Julie Sharp have been investigating the safety and efficacy of Bronchitol (mannitol dry powder) as a pharmacological intervention in patients with non-cystic fibrosis bronchiectasis. Frankston Hospital is one of 22 hospitals across Australia, New Zealand and the United Kingdom to participate in the trial. Nineteen patients enrolled in the study at Frankston Hospital to receive either Bronchitol or placebo for 12 weeks. Over the 12 week period at this site, Bronchitol was well tolerated. Of the 19 participants, nine were supplied with Bronchitol for a total of 12 months to determine the safety of long-term treatment. Although efficacy endpoints are not included in this part of the trial, Frankston Hospital participants have reported ‘better general health’ and felt that they have coped better during winter – a period of increased susceptibility to infection.
Aged Care Medicine

Aged Care Medicine is a major clinical speciality at Peninsula Health and has undergone significant changes in the last year. An Acute Aged Care Service, previously an informal arrangement, has now been established. Dr Ben Franks has been appointed the inaugural Head of Acute Aged Care Medicine.

The service includes:
- An Acute Orthogeriatric Service with consultant geriatrician co-management of postoperative care with the Orthopaedic Surgery Unit for elders with orthopaedic surgical trauma
- A Delirium Service with clinical nurse consultant and consultant geriatrician input for frail elders with confusion in acute care
- Daily Aged Care Medicine consultation in association with the sub-acute assessment service at Frankston Hospital.

Inpatient Geriatric Evaluation and Management Services were relocated from the Mount Eliza Centre to The Mornington Centre, which has allowed significant care delivery improvements in modern, state-of-the-art purpose built facilities.

Members
Clinical Director, Aged Care Medicine: Dr Craig Clarke
Head of Acute Aged Care Service: Dr Ben Franks
Physicians: Dr Choy Chan, Dr Stephen Denton, Dr Anajli Khushu, Dr Sampath Kumar, Dr Vishnu Sharma

Ageing Well

The Ageing Well Unit is located at the Mount Eliza Centre.

The two major functions of the Unit are:
- To improve health outcomes for older people in the community via the delivery of health promotion programs and initiatives. Programs include Agestrong, a supported strength and balance program, and a range of supported walk programs in the community.
- To improve care for older people within the Health Service via a range of projects aimed at improving the older person’s experience when accessing Peninsula Health. Initiatives include systems for consumer feedback, development of clinical indicators and the prevention of functional decline initiative.

Members
Manager, Ageing Well: Karen Bull
Project Officer: Nicole Hale
Physiotherapist: Caroline Stapleton

Current research projects
- Social dimensions of adherence to an Agestrong Exercise Program.
  Christopher King, Nicole Hale
  The research tested the proposition that apparently high rates of adherence to the Agestrong exercise program are due to social processes that foster group formation, inclusiveness and social connectedness, which in turn lead to sustained attendance rates.

Clinical activities
- Prevention of functional decline in hospitals.
  This is a DHS funded project with the first year focusing on the development of a state-wide resource toolkit for health services. Peninsula Health is lead agency for the mobility domain of this project.
- Development of outcome measures for Agestrong.
  The Agestrong Network has developed a suite of outcome measures for use by Agestrong participants. The outcome measures are used to identify the effectiveness of Agestrong in improving health outcomes for participants. Preliminary findings include a significant improvement in Step-test and Timed Up and Go at the eight week review compared with initial assessment.

Presentations

Anaesthesia

The Department of Anaesthesia and Pain Management is based at Frankston Hospital and provides around 15,000 anaesthetic services each year for surgical procedures at Frankston and Rosebud Hospitals. The Acute Pain Service manages the postoperative analgesia of more than 1000 patients each year and provides an obstetric epidural service at Frankston Hospital.

There are currently 12 staff specialists and 13 visiting specialist anaesthetists. The Department is actively involved in training and currently has seven accredited registrars representing all five years of the Australian and New Zealand College of Anaesthetists (ANZCA) Anaesthetic Training Program. Five of the anaesthetists are examiners for ANZCA. There is also one provisional Fellow and four unaccredited anaesthetic registrars, including those who rotate through the Emergency Department and the Intensive Care Unit.
Anaesthesia: Optical stylet assisted intubation

Clinical experience of learning to use the Bonfils and Levitan fiberoptic stylets.
Dr Ashley Webb, Dr Helen Kolawole, Associate Professor Terry Loughnan, Dr Tyron Crofts, Dr Chris Bowden, Dr Samuel Leong

The purpose of this project is to investigate how easily patients can be intubated using new intubation tools. New telescope-like tools are now available that may allow easier visualisation of the tracheal opening in some patients, particularly those where the usual method does not provide a good view of the trachea (difficult intubations). This project compares the ease of use and effectiveness of two different types of telescopes, the Bonfils, a German scope designed to be inserted at the back corner of the mouth and the Levitan, an American scope designed to be inserted through the front of the mouth. The Bonfils, although more expensive compared to the Levitan, provides a wider and clearer image, however it has not been determined which scope is easier to use.

Over 400 intubations with the devices are being studied. All intubations are undertaken by specialist anaesthetists who have no previous experience with either scope except for a training session on a simulated patient. Each participating anaesthetist randomly performs intubations with each of the devices so that the “learning curve” may then be determined and compared.

Members
Director of Anaesthesia and Acute Pain Management: Dr John Copland
Director of Anaesthetic Research and Training: Associate Professor Terry Loughnan
Deputy Director of Anaesthesia and Acute Pain Management: Dr Chris Bowden
Supervisor of Training: Dr Sam Leong
Staff Anaesthetists: Dr Tyron Crofts, Dr Tzung Ding, Dr Eric Gunasekera, Dr Helen Kolawole, Dr Jinny Marxsen, Dr Gary McKenzie, Dr Andrew McLaughlin, Dr Ashley Webb

Current research projects
• Optical stylet assisted intubation: clinical experience of learning to use the Bonfils and Levitan fiberoptic stylets.
  Dr Ashley Webb
  See above.
• Occlusion pressure of right internal jugular vein compared with neck circumference in volunteers.
  Associate Professor Terry Loughnan.

Clinical activities
• The addition of supplemental oxygen to a domestic nasal continuous positive airway pressure (CPAP) system.
  This study determined the oxygen output that could be achieved by adding oxygen into domestic CPAP machines used to treat sleep apnoea. This has potential for improved postoperative care and resource savings in such patients after surgery.
• Victorian Quality Council - Acute Pain Management Measurement Toolkit implementation to acute areas of Peninsula Health.
  This project used a variety of pain assessment tools to improve the timeliness and effectiveness of postoperative pain relief.

Presentations
Community Health: Peninsula Health Cardiac Rehabilitation Program

The Peninsula Health Cardiac Rehabilitation Program has provided services to clients in the Frankston and Mornington Peninsula region since 1990. In 2003 an audit of the program was undertaken internally.

A vision for change was articulated and strategies to address the gaps were planned and implemented. Evidence confirms that attendance at cardiac rehabilitation reduces mortality and morbidity so key aims were to increase attendance and completion rates, investigate and integrate self-management theory and investigate client satisfaction as program quality measures. A further intention was to benchmark the program against individual cardiac groups internally, before benchmarking against other similar disease specific programs external to Peninsula Health.

By mid 2006 the gaps had been reduced and the aims achieved. Almost all clients and partners attending the program completed sessions, verbalised client needs were addressed, skills to reduce risk were developed, clinical indicators improved and positive statements were expressed regarding quality of service.

An externally validated evaluation was conducted in September 2006 when an opportunity arose to participate in a national research based project using the Health Education Impact Questionnaire (heiQ) instrument in conjunction with the Centre for Rheumatic Disease, The University of Melbourne.

Financial support, grants and prizes


Dr Paul McCallum, won first prize for best research presentation at the 2008 Victorian Regional Annual Registrar’s Scientific Meeting held at the Australian and New Zealand College of Anaesthetists in Melbourne. The research was conducted by Dr McCallum, former registrar, and Dr Ashley Webb during January 2008 at Peninsula Health and was titled: The addition of supplemental oxygen to a domestic nasal continuous positive airway pressure system.

Cardiology

Clinical activities of the Cardiology Unit include ward service and investigative services for inpatients and day patients including ECG, blood pressure monitoring, pacemaker testing, exercise stress testing and holter monitoring. There is a comprehensive echocardiography service including stress and pharmacological echocardiography.

The Cardiac Angiography Suite provides cardiac angiography and percutaneous coronary intervention (PCI/stent), pacemaker replacement and transoesophageal echocardiography.

Members

Head of Unit: Dr Phillip Carillo

Cardiologists: Dr Palanand Arunothayaraj, Dr Robert Lew, Dr Gregory Szto, Dr Rodney Teperman, Dr Geoff Toogood, Dr Brian Wood

Nurse Unit Managers: Ms Gill Dixon, Mr Robert Templin

Current research projects

- **Australian Network for Thrombosis in Stents (ANTS).**
  Dr Gregory Szto
  An observational case-control study which is an Australia-specific investigator initiative exploring the clinical, lesion specific, procedural and pharmacological factors associated with an increased risk of late stent thrombosis.

Community Health

Community Health Services at Peninsula Health promote wellness and encourage people to share in the responsibility for their own health and wellbeing by providing quality health services.

The Frankston Community Health Service (FCHS) is divided into seven service streams:

- Access and Support (including Volunteer Program)
- Community Dental Services
RESEARCH AND CLINICAL SERVICES

- Children’s, Family and Community Services
- Drug Treatment Services (PenDAP)
- Frankston/Mornington Peninsula Primary Care Partnership
- Koori and Youth Services
- Peninsula Complex Care Program
- Stay Healthy (Chronic Disease Early Intervention)

A large amount of research being conducted in Community Health stems from the Peninsula Complex Care Program (PCCP). The PCCP, funded through the Hospital Admission Risk Program (HARP), is a component of the Department of Human Services Hospital Demand Management (HDM) Strategy. HARP is fundamentally looking at the best way to change the health system so that it efficiently and effectively meets the needs of clients.

**Members**

- General Manager FCHS: Mr Rob Macindoe
- PCCP Program Manager: Mr David Field (until February 2008)
- Acting PCCP Program Manager: Mr Bill Faulkner (until June 2008)
- PenDAP, Youth and Koori Program Manager: Mr Simon Ruth
- Children’s and Family Program Manager: Mr Doug Wright
- Community Dental Program Manager: Dr Fayed Azouz
- Stay Healthy Program Manager: Ms Carolyn Marshall
- Domcare, Aids and Equipment Program Manager: Mr Tony Van den Blink
- Executive Officer – Primary Care Partnership: Ms Diana Mummé

**Translating research into clinical practice**

- **DAFNE** - developing a sustainable service model for dose adjustment for normal eating. This is a continuum of care initiative to support clients with type 1 diabetes from an acute episode through to ongoing maintenance and support.

- **Partnership with Frankston Community Health Service** Stay Healthy Program, Peninsula Complex Care Program, Peninsula Health - Young Adults Service and Peninsula Health - Diabetes Complications Clinic.
  - Pauline Weir

- **A sustainable model for pulmonary rehabilitation** - transfer of pulmonary rehabilitation patients from acute to community care.
  - Mani Sundaram and Bettina von Blomberg

  **Improvements include:**
  - The addition of individual consultation prior to group entry, incorporating health coaching, motivational interviewing and Flinders care planning
  - A rolling intake to increase group throughput (July 2008)
  - Expansion of accessibility to include all referrals accepted (September 2008).

**Clinical activities**

- **Care in your community.**
  - Julie White
  - Submission to Victorian Health Service Management Innovation Council. Peninsula Health Integrated Ambulatory Diabetes Services - Stage 1. This project aims to establish a single point of referral and a single assessment process for patients referred to or within Peninsula Health for ambulatory diabetes services.

**Presentations**


**Financial support, grants and prizes**


**Diabetes and Endocrinology**

The Department of Diabetes and Endocrinology comprises specialist physicians, a registrar completing advanced training in endocrinology, clinical nurse consultants (diabetes educators) and research nurses. Using a team approach in close relationship with dietitians, podiatrists and ward and clinic nursing staff, the Unit provides a comprehensive clinical service to inpatients and outpatients.

**Services include:**

- Inpatient acute services at Frankston Hospital
- Inpatient services at The Mornington Centre and the Golf Links Road Centre supported by diabetes nurse educators and a registrar
- The Diabetes Complications Clinic
- The Gestational Diabetes Clinic
- The Insulin Stabilisation Clinic
- The Young Adults with Diabetes (YADS) Clinic
- The Medical Endocrinology Clinic (MENDOC) – for follow-up and treatment of patients with a number of endocrine diseases from thyroid disease to osteoporosis
- Paediatric Diabetes Clinic – diabetes education for children aged 2-16 years
- An osteoporosis evaluation and management service.
Members
Head of Unit: Associate Professor Chris Gilfillan (until February 2008) Dr Deepak Dutta (from February 2008)
Endocrinologists/Physicians: Dr Michelle Gordon, Dr Kati Matthiessen, Dr Steven Morris
Diabetes Educators: Liz Allen, Kylie Ball, Sue Cole, Debbie Distefano, Helen Irwin
Research Nurses: Rita Coffey, Fadwa Hassan, Lisa McCormack, Kaye Quick

Current research projects
- Clinical trial of the use of alogliptin in type 2 diabetes treatment.
  Dr Deepak Dutta
  The treatment of type 2 diabetes (non-insulin dependent diabetes) remains a challenge. The Unit is participating in a number of trials of a new diabetes treatment that helps the body’s own anti-diabetes hormones work more effectively. Patients are monitored carefully after being given the new treatment and compared to similar patients on older treatments.
- A study of telomere size in mothers and babies in gestational diabetes.
  Fadwa Hassan
  (See Research and the Burden of Disease page 12)
- Fracture prevention in patients admitted with osteoporotic fractures.
  Kaye Quick
  In the past, patients admitted with fractures from osteoporosis had their fractures treated effectively but the underlying weakness of the bones was often ignored. Through the Department’s Osteoporosis Research Unit all such patients are now assessed and treated for osteoporosis resulting in an improvement in longer-term patient care and outcomes.

Emergency Medicine and Acute Ambulatory Care
The Department of Emergency Medicine provides care based on the knowledge and skills required for the prevention, diagnosis and management of acute and urgent aspects of illness and injury affecting patients of all age groups with a full spectrum of physical and behavioural disorders. The Department of Emergency Medicine is also linked to the development of pre-hospital and in-hospital emergency medical systems, and the skills necessary for this development. It is well integrated with community based health care systems with solid linkages between Peninsula Health and community health care professionals through the Response Assessment and Discharge (RAD) team, Hospital in the Home and Response Outreach Support Services (ROSS).

Peninsula Health is incorporated in the Victorian Trauma System. Frankston Hospital Emergency Department (ED) is designated as a Metropolitan Trauma Service, and Rosebud Hospital ED as a Primary Injury Service. Both sites have a helipad to enable critical care transfers both to and from the hospitals.
Academically, the Department is an active teaching department for medical, nursing and paramedic undergraduates and a research program continues to evolve.

Members
Director, Emergency Medicine: Associate Professor Jeff Wassertheil
Operations Director, Frankston Emergency Department: Mrs Sandra Tesoriero (until June 2008), Mrs Shamala Jones (from June 2008)
Clinical Director, Frankston Hospital Emergency Department: Dr Leong Goh
Unit Head, Rosebud Hospital Emergency Department: Dr Barry Chan
Director, Emergency Medicine Training: Dr Mark Smith
Head Clinician, Hospital in the Home and Residential Outreach Support: Dr Martin Jackson
Emergency Physicians: Dr Varna Amarasinghe, Dr Tim Baker, Dr Kate Bristow, Dr Darsim Haji, Dr Helen Hewitt
Emergency Paediatrician: Dr Peter Francis
General Practitioner: Dr Geoff Macaulay
Nurse Unit Manager, Frankston Hospital Emergency Department: Mr Antony Browne
Nurse Unit Manager, Rosebud Hospital Emergency Department: Mr Gerard Matthews

Current research projects
- The effectiveness of methoxyflurane, administered via the Penthrox Inhaler, as an analgesic agent in patients undergoing minor painful procedures in the Emergency Department.
  Dr Franco Schreve
  The aim of this study is to assess whether the use of Penthrox Inhalers decreases the pain of the procedure and increases patient satisfaction.
- The Australian Triage Scale (ATS) meeting patients’ expectations: a prospective study.
  Dr Belchi Chiezey
  The aim of this study is to demonstrate the difference between patients’ expectations of waiting time and allocated ATS time based on triage scales.
Is olanzapine more effective than haloperidol for sedating the acutely agitated patients in the Emergency Department?
Dr Barry Chan
The aim of this study is to assess the difference between olanzapine and haloperidol medication used in the management of agitated patients.

Affiliated projects

- Triage computer decision making project. Ms Nyree Parker
  This project involves assisting a Monash PhD student in developing a computerised triage decision making support program. Nurses in the Emergency Department are interviewed to examine the processes used to formulate triage categories allocated to patients in accordance with Australian standards.

Interdisciplinary projects

- A systematic evaluation of management of suspected transient ischaemic attack in an outer metropolitan hospital in Australia. Dr Hui Li Shi
  (see Neurology Department Profile page 31)

Clinical activities

- Auditing of time required for patient discharges from the Emergency Department. Mapping of the time required for each part of the patient journey from time of arrival to time of discharge of selected patients.
- Time from arrival in Emergency Department to coronary angioplasty for patients presenting with acute myocardial infarct.
  This is an ongoing audit for the Emergency Department and the Cardiology Unit to assess the efficiency of the system to provide emergency care.

ENT Surgery

The Ear Nose and Throat (ENT) Unit at Peninsula Health is a general paediatric and adult unit. Most of the common ear, nose and throat disorders are managed, and most ENT disorders requiring surgery are attended to by the Unit.

Head of Unit – Southern Health: Mr Neil Vallance
Surgeons: Mr Diamo Diamantaris, Mr John Redman

Gastroenterology

The Gastroenterology Unit provides inpatient and day-stay gastroenterological services at Frankston Hospital. The Unit provides inpatient management of digestive diseases including inflammatory bowel disease and liver disease. The Gastroenterology Unit also provides endoscopic services including diagnostic and interventional gastroscopy, colonoscopy and endoscopic retrograde cholangiopancreatography (ERCP). The Unit currently performs more than 3000 endoscopic procedures each year.

The Head of Unit, Dr David Badov, and his team have a keen interest in research. Dr Badov is the principal co-investigator in a current Hepatitis C management trial (CHARIOT), and has been involved in numerous clinical trials on various gastrointestinal conditions including chronic liver disease, irritable bowel syndrome, dyspepsia and cancer.

Members

Head of Unit: Dr David Badov
Gastroenterologists: Dr Leon Fisher, Dr Askin Gunes, Dr Rob Herrmann, Dr Keith Noack, Dr Aaron Thornton
Registrar (Advanced Trainee): Dr Darcy Hall

Current research projects

- CHARIOT hepatitis C trial. Dr David Badov
  This project examines the effect of induction dosing with the combination interferon and ribavirin therapy in patients with chronic hepatitis C infected with hepatitis C genotype 1.
- Double-blind placebo-controlled, parallel group, dose-ranging study to evaluate the efficacy and safety of CCX282-B in subjects with moderate to severe Crohn’s disease. Dr David Badov

General Surgery

The Department of General Surgery at Peninsula Health is divided into three sub-speciality units of Upper Gastrointestinal, Colorectal Surgery, and Breast, Endocrine Surgery and Surgical Oncology. Each Unit is developing specific areas of expertise.

The Upper Gastrointestinal Unit in association with Mr Stewart Skinner is exploring the implementation of bariatric surgery at Frankston Hospital for the treatment of the morbidly obese. In addition, Associate Professor Colin Russell has a major interest in health and waiting list management.

The Colorectal Unit has embraced the introduction of minimally invasive colorectal surgery to Peninsula Health.

The Breast, Endocrine Surgery and Surgical Oncology Unit has a number of major interests, particularly in clinical research. Databases have been developed in thyroid surgery, parathyroid surgery, parotid surgery, soft tissue tumour surgery, lymphadenectomy for melanoma, adrenal surgery, and breast cancer. These databases have led to a number of published research papers.
Members
Acting Clinical Director of Surgery: Associate Professor Ian McInnes
Head of Unit 1 - Upper Gastrointestinal Surgery: Associate Professor Colin Russell
Surgeons: Mr Tilan Beneragama, Mr Peter Evans
Head of Unit 2 – Colorectal Surgery: Mr Stewart Skinner
Surgeons: Mr Peter Gray, Mr Richard McIntyre, Mr Eric Torey
Head of Unit 3 – Breast, Endocrine Surgery and Surgical Oncology: Professor Jonathan Serpell
Surgeons: Ms Belinda Brown, Mr Ross Ferguson, Ms Melanie Walker, Dr Meei Yeung
Nurse Unit Managers: Mr Justin Aylward, Ms Julie Emmanuel, Ms Sam Maxwell, Ms Grace Richards, Ms Jane Robertson, Ms Julie Stephens, Ms Gay Walters

Translating research into clinical practice
• Anatomical studies on the recurrent laryngeal nerve – function of the branches of the nerve. Peninsula Health researchers have previously established that the recurrent nerve commonly bifurcates prior to entry into the larynx. With monitoring of the recurrent nerve, investigations into the function of the anterior and posterior branches are in progress. The study to date indicates the motor fibres are located in the anterior branch.

• Bifid recurrent laryngeal nerves - an in vivo and anatomical study of the recurrent laryngeal nerve in the region of its greatest risk during thyroideectomy. This study utilises digitalised images to describe the anatomy of variation in the recurrent nerves encountered during thyroidectomy. This investigation will enable a greater knowledge of recurrent laryngeal nerve anatomy in its situation of greatest vulnerability during thyroidectomy, and therefore should assist in preventing recurrent nerve palsy following surgery. In association with the functional study of the branches of the anterior and posterior divisions of the nerve, this will provide important information for thyroid surgeons.

• The impact of synoptic thyroid cytology reporting. Synoptic thyroid cytology reporting has been introduced using a dedicated radiologist ultrasound guided approach with a pathologist in attendance. Synoptic categorical reporting then impacts on management. This study is examining changes in practice in tumour detection rates following the introduction of synoptic reporting.

• Hypothyroidism following hemi-thyroidectomy - mechanisms and identification of risk factors. This ongoing study has currently identified a risk of hypothyroidism of 12 per cent which is associated with elevated thyroid antibodies and histological evidence of thyroiditis. The continued analysis of risk factors will enable recommendations of postoperative follow-up of these patients.

• The incidence of thyroid tumours in thyroid nodules greater than 4cm in diameter. It has previously been widely believed that all nodules in the thyroid greater than 4cm in diameter should be removed because of an increased risk of malignancy with increase in size. This study is utilising previously collected data to analyse whether there is any correlation between nodule size and incidence of thyroid malignancy.

• Preoperative core biopsy facilitates the management of soft tissue tumours. Preoperative core biopsy facilitates each stage in the diagnosis, treatment, planning, management and ultimately outcome of soft tissue sarcomas. It enables appropriate planning of surgery and radiotherapy and enables one stage surgery. This study aims to re-establish the value of preoperative core biopsy to facilitate the management of patients with soft tissue tumours.

• The results of parotidectomy from a surgical oncology unit. This study examines a consecutive series of nearly 100 patients undergoing parotidectomy for various tumours. Details are recorded regarding the presentation, investigations including CT scan and fine needle cytology, and outcomes following surgery. The generality of the role of triple assessment of tumours preoperatively is emphasised and the outcomes are highlighted including the low complication rate which can be achieved from a surgical oncology unit.

Clinical activities
• Victorian Audit of Surgical Mortality (VASM). Associate Professor Colin Russell
Associate Professor Russell retired from the role of Director of Surgery in November 2007. He has accepted a new role within Royal Australasian College of Surgeons (RACS) as the Clinical Director of the Victorian Audit of Surgical Mortality (VASM). The project aims to peer review all public hospital patient deaths associated with surgical care in Victoria. Peninsula Health was the first health service to agree to participate in this Department of Human Services funded state-wide quality project.
Endocrine Surgery Databases.
Professor Jonathan Serpell

The Breast, Endocrine Surgery and Surgical Oncology Unit established databases in endocrine surgery and contributes to the National Breast Cancer Audit Dataset. In addition a Thyroidectomy Registry has been established for utilisation across the campuses of Monash University under the umbrella of the Monash University Endocrine Surgery Unit.

Publications


Presentations

Serpell JW. Motor fibres of the recurrent laryngeal nerve are located in the anterior extra laryngeal branch. *Royal Australasian College of Surgeons and The College of Surgeons of Hong Kong Conjoint Annual Scientific Congress*, Hong Kong, May 2008.

Infectious Diseases

The Infectious Diseases Unit works closely with the Microbiology Unit and the Infection Prevention and Control Unit. The three Units participate and assist with each others’ projects, many of which are joint projects.

The main priority of the Infectious Diseases Unit to date has been to establish and improve the Clinical Infectious Diseases Services at Frankston Hospital. The Unit is also committed to developing a research focus by being involved in projects at Peninsula Health, and by collaborating with other centres.

Members

Head of Unit: Dr Paul Vinton

Physicians: Dr Michelle Ananda-Rajah, Dr Chanad Harangozo, Dr Catherine Marshall

Information Management

Information Management at Peninsula Health is comprised of four units: Health Information Services, Computer Services, Management Information Services and Clinical Informatics Support.

Working in concert, these services strive for excellence in the provision of high level patient care. A key focus of technology development at Peninsula Health is the provision of infrastructure to link all parts of the Health Service to achieve better integration of services both internally and externally. Staff deliver training and education across Peninsula Health, to enable the use of information technology as a core component of decision making in clinical practice.

A number of staff members hold honorary teaching positions with the Faculty of Medicine, Nursing and Health Sciences, Monash University. In addition, this year, Mr Bob Ribbons has coordinated a Masters level program in Nursing Informatics for the Faculty.

The availability of high quality clinical data via integrated information systems, coupled with highly trained, information-literate staff, will ensure an increase in the research quantum delivered by Peninsula Health into the future.

Members

Manager, Information Technology and Telecommunications: Eric Aspinall
Jodi McInnes’ role as Research Coordinator in the busy Intensive Care Unit involves consulting with patients and their families and explaining the various aspects of the research trials the Unit is currently involved in.

Jodi was appointed as Research Coordinator in 2007, along with Naomi Pratt, and with their combined expertise and years of clinical experience, the pair have made a positive impact on Unit based research activities.

Their day to day work includes facilitation and coordination of studies, identification of suitable participants, and collection of relevant data. They also provide support to ICU staff regarding studies, and educate staff about their participation in a research project.

Jodi, a dedicated nurse with a postgraduate qualification in critical care nursing, says her main motivation for being involved in research is to achieve the best outcomes for patients. “Through research, I am involved in shaping our future practice, and achieving the best outcomes for our patients.” she said.

Most research conducted in Peninsula Health’s Intensive Care Unit and many other ICU’s in Australia is under the leadership of the Australian and New Zealand Intensive Care Society - Clinical Trials Group and is concerned with the comparison of two accepted methods of clinical management to establish if one is associated with better patient outcomes than the other.
Manager, Management Information Services: Dean Athan
Manager, Health Information Services: Emilia Pezzi
Manager, Clinical Informatics: Bob Ribbons
CIS Applications Specialists: Kate Allan, Cathy Ridgway
Project Managers Patient/Client Management Systems: Anne Roman, Helen Roper

Publications

Presentations
Ribbons RM. Electronic discharge summaries - the Peninsula experience. Austin Centre for Applied Clinical Informatics, Informatics Seminar, Austin Hospital, Melbourne, March 2008.
Ribbons RM. Just a spoonful of sugar - lessons learnt on the road to medication management. Inaugural ORION Health Australian User Group Meeting, Sydney, April 2008.

Intensive Care
The Intensive Care Unit currently comprises a 10 bed unit and construction has commenced on a purpose built 13 bed unit as part of Frankston Hospital's Stage 2a expansion. The implementation of non-invasive ventilators, MRI compatible ventilators and transport ventilators has further expanded the capacity of the Unit to provide critically ill patients with state-of-the-art care. The Intensive Care Unit is firmly established as a centre that is able to undertake and complete multi-centre trials. In 2007/08 five multi-centre research projects were commenced. It is envisaged that participation in these trials will ultimately lead to improved patient care and maintain staff awareness of current trends in management of the critically ill. A strong focus on undergraduate and postgraduate education continues. As Clinical Dean, Monash University, Associate Professor John Botha continues to facilitate teaching of Monash medical students at Peninsula Health. Final year medical students continue six-weekly rotations through the Intensive Care Unit. As an accredited Unit for 12 months of core training in intensive care through the Joint Faculty of Intensive Care, the Unit has continued to deliver core training to intensive care trainees.

Members
Director of Intensive Care: Associate Professor John Botha
Full-time Intensivists: Dr Himangshu Gangopadhyay, Dr Kavi Haji
Part-time Intensivists: Associate Professor David Langton, Dr George Lucas, Dr Gopal Taori
Nurse Unit Manager: Ms Kim Heriot

Current research projects
- **PROWESS shock study.** Associate Professor John Botha
  A multi-centre randomised controlled trial to compare activated protein C (anti-coagulant) with placebo on 28 day mortality in critically ill patients with septic shock.
- **RENAL: augmented versus normal continuous renal replacement therapy.** Associate Professor John Botha
  A multi-centre, unblinded, randomised, controlled trial to assess the effect of augmented versus normal continuous renal replacement therapy (CRRT) on 90 day all-cause mortality of Intensive Care Unit patients with acute renal failure (ARF).
- **ENTERIC: early nasojejunal tube feeding.** Dr Kavi Haji
  The primary objective of the study is to establish whether early jejunal feeding (using a frictional nasojejunal tube) increases the amount of enteral nutrition delivered during ICU admission in mechanically ventilated medical-surgical critically ill patients with reduced gastric motility when compared to standard feeding (commencing through a nasogastric tube).
- **Semi-recumbent positioning in ventilated patients.** Associate Professor John Botha
  A multi-centre observational study to determine the use of semi-recumbent positioning and the degree of backrest elevation in patients receiving mechanical ventilation in Australian and New Zealand ICUs.
- **PROTECT: prophylaxis of thromboembolism in critical care.** Associate Professor John Botha
  The objective of the trial is to evaluate the effect of low molecular weight heparin (LMWH) versus unfractionated heparin (UFH) on the primary outcome of proximal leg deep vein thrombosis diagnosed by compression ultrasound, and the secondary outcomes of pulmonary embolism and confirmed bleeding.
- **ASAP audit of severe acute pancreatitis feeding practices.**
- **Early parenteral nutrition study.** Dr Himangshu Gangopadhyay
  The purpose of this study is to determine the
benefits of starting parenteral nutrition earlier than would normally be started under standard care, and assessing whether it improves survival measured at 60 days after commencement of treatment.

Publications


Presentations


Medical Oncology

The Oncology Unit includes a team of four oncologists, one specialist haematologist and both oncology and haematology registrars. The chemotherapy nursing team consists of 10 clinical nurse consultants, two division 1 nurses who are studying oncology and a division 2 nurse. The Unit currently treats patients five days per week at Frankston Hospital in a ten chair unit. Rosebud Hospital also provides a full-time service in four chairs.

An important focus for Cancer Services at Peninsula Health is clinical research which has become an integral part of the Service with more than 90 trials being conducted over the last nine years. Participation in clinical trials has contributed to a vast improvement in the quality of care within the Unit and has allowed patients to access some of the latest treatment developments in oncology and haematology. All new trials and developments are discussed at fortnightly, multi-disciplinary research meetings and monthly journal clubs.
Judy Reilly, Research Coordinator

Judy Reilly joined Peninsula Health’s Oncology Research team in 2005 and has since firmly established a reputation for excellence in her work. Judy began her nursing career in 1985. In 2000 she decided to specialise in the nursing of cancer patients and completed a certificate in oncology. Before Judy moved to Australia in 2004, she was working in North West England as a chemotherapy and research nurse in a combined radiotherapy and chemotherapy unit. Before joining Peninsula Health, she worked at Southern Health for six months.

Judy is currently coordinating eight haematology studies. In 2006, she attended the international scientific meeting of the American Society for Haematologists in Orlando, USA, where the study she was coordinating was being presented.

Judy’s main motivation for taking part in research is being part of the leading edge of new, innovative treatments made available to patients.

“I enjoy working closely with patients and their families and getting involved with their journey. I also enjoy passing on updated knowledge to our team members,” she said.
Clinical trials are coordinated by a team of seven research staff who have a wide range of skills including nursing and psychology.

**Members**

Director, Cancer Services: Dr Jason Lickliter
Consultant Oncologists/Haematologists: Dr John Catalano, Dr Vinod Ganju, Dr Laura Pelligrini, Dr Nicole Potasz, Dr Jacqui Thomson
Oncology Registrars: Dr Vethavalli Aravindan, Dr Ainsley Cambell
Nurse Unit Managers: Ms Carmel O’Kane
Research Staff: Ms Sally Blandford, Ms Theresa de Man, Ms Judi Clarke, Ms Sharon Maliepaard, Ms Melissa McCormack, Ms Judith Reilly, Ms Jody Wainwright

**Current research projects**

- **Early breast cancer (ALTTO):**
  Women who have HER2 positive early breast cancer receive one of four treatments for one year post chemotherapy in this study. The treatments are trastuzumab alone; lapatinib alone; lapatinib followed by trastuzumab and trastuzumab in combination with lapatinib.

- **Early colorectal cancer (QASAR):**
  In this trial patients with operable colorectal cancer are treated with either capecitabine for six months or capecitabine for six months plus avastin for 12 months.

- **Advanced colorectal cancer (CO.20):**
  Previously treated patients with advanced cancer with a specific gene mutation (k-ras wildtype) receive cetuximab +/- brivanib in this trial.

- **Ovarian cancer:**
  **(SOFT):**
  In this trial patients with ovarian cancer who have completed chemotherapy receive hormone treatment +/- ovarian suppression.

  **(SCOTROC):**
  Patients with ovarian cancer who participate in this trial are treated with carboplatin as per standard treatment (flat dosed) or dose escalation (based on nadir counts).

- **Pancreatic cancer (ESPAC3):**
  This is a trial open to patients with pancreatic cancer who have had a Whipple’s operation. They receive one of two chemotherapy treatments or observation alone.

- **Relapsed chronic lymphocytic leukemia (CLL):**
  This is a trial for patients with relapsed CLL. They are treated with combination therapy of fludarabine, cyclophosphamide, and rituximab plus or minus the study drug lumiliximab.

- **Chronic myeloid leukaemia:**
  **(CML 8):**
  The aim of this study is to closely monitor CML patients with a complete response (at least two years) who choose to stop treatment with imatinib. Further, to more definitively assess whether treatment should continue or is safe to stop in patients who have an apparent complete remission.

  **(CML 9):**
  In this research project, newly diagnosed chronic phase CML patients will be treated with Glivec® at a dose of 600 mg/day initially. If participants do not have an adequate response to Glivec® at 600 mg/day, participants will be treated with a higher dose of Glivec® or with nilotinib instead.

- **Diffuse large cell B lymphoma:**
  This is a trial for patients newly diagnosed where they receive R CHOP (a combination of rituximab, cyclophosphamide, doxorubicin, vincristine and prednisolone) + bevacizumab or placebo.

- **Asymptomatic follicular non-hodgkin’s lymphoma (NHL):**
  Patients with NHL would normally be observed and treated only when symptomatic. In this study, patients are either observed, or are given rituximab for four treatments and maintenance for two years.

- **Relapsed non-hodgkin’s lymphoma (NHL):**
  In this trial patients with relapsed or refractory follicular NHL are treated with galiximab in combination with rituximab or with rituximab in combination with placebo.

  Patients in this trial are treated with lenalidomide + dexamethasone for a maximum of 12 months.

- **Multiple myeloma:**
  **(Celgene 015)**
  This trial is for patients aged over 65 with multiple myeloma. They receive prednisolone + melphalan +/- lenalidomide for nine cycles. In the maintenance phase – 1/3 receive lenalidomide. All patients then have access via the open-label phase of the trial.

  **(LBH phase Ib):**
  This is a dose finding study. All patients will receive treatment with bortezomib and LBH589. The investigator can choose to also treat with dexamethasone after the first treatment. Treatment with bortezomib is for a maximum of eight treatments, but LBH589 can continue to be taken whilst it is effective and the side effects manageable.

- **Idiopathic thrombocytopenic purpura (ITP):**
  This is an open-label study to evaluate the efficacy and safety of 1000mg fixed dose of rituximab on day one and fifteen among patients with refractory, relapsing or chronic idiopathic thrombocytopenic purpura.
Thrombosis (ASPIRE): This study investigates the role of long-term prophylaxis with aspirin in people with previous thrombotic events.

Patients (without distant metastases) receiving the Taxotere chemotherapy: Patients enrolled in this study are trialling an ice glove on their right hand during chemotherapy to investigate its effect on nail side effects (described in greater detail on page 8).

Publications

Presentation

Neurology
The Neurology Unit of Frankston Hospital is dedicated to the care of patients with stroke and general neurological problems. Geographically the Unit is located in Ward 5GS to improve multidisciplinary care from the allied health and rehabilitation team. The Unit is one of Australia’s leading Neurology Units in an outer metropolitan hospital providing thrombolysis for patients with acute ischaemic strokes.

Members
Head of Unit: Associate Professor Ernest Butler
Neurologists: Dr Sanjay Raghav, Dr Jayantha Rupasinghe

Translating research into clinical practice
The transient ischaemic attack (TIA) project identified that 74 per cent of the patients with TIAS presenting to the Emergency Department were admitted, with two-thirds cared for by the Neurology Unit. The project indicated a trend of better care among patients treated by the Neurology Unit. It was identified that some low risk patients could have been discharged sooner if the minimum diagnostic tests were performed in the ED with an immediate outpatient follow-up service, indicating the potential for a TIA rapid assessment clinic.

As a result of these findings, a temporary outpatient service was established next to the hospital without added cost for the patients. The researchers educated the ED medical staff and the medical admitting officers that TIA patients with low risk could be referred to the TIA outpatient service after discussion with the on-call neurologist. The researchers also introduced a simple algorithm to assist the ED staff to screen out the low risk patients.

The research indicated the importance of establishing a regular outpatient clinic for care of TIA and minor stroke patients.

Clinical activities
- Sub-group analysis of data collected in a previous project on transient ischaemic attack.
  The aim of this extended analysis is to identify further factors influencing the quality of care of patients presenting with transient ischemic attack.

- Continuation of thrombolysis of stroke patients and close follow-up to identify any adverse outcomes.

Presentations


Neuropsychology
Clinical Neuropsychology focuses on the interaction between brain function, cognition and behaviour. Neuropsychologists have expertise in the assessment of people who have experienced a brain injury, for example, stroke, dementia, schizophrenia or severe head trauma.

As part of the Neuropsychology Service’s commitment to professional development, the Unit supervised six Masters and Doctoral students on clinical placement from The University of Melbourne, Monash University and Victoria University neuropsychology programs. Throughout 2007/08 the service has maintained its high clinical profile through reporting activities, staff in-services, student supervision and Grand Round presentations. During the year the Unit relocated from the Mount Eliza Centre to the Golf Links Road Centre with continued attendance to The Mornington Centre.
RESEARCH AND CLINICAL SERVICES

Members
Neuropsychologist, Rehabilitation, Evaluation and Management: Faye Simpson
Neuropsychologist, Psychiatry: Anna Ciotta
Neuropsychologist, Acute and Cognitive, Dementia and Memory Service: Luke Delaney (until December 2007), Lidor Shay

Nursing
Peninsula Health supports more than 2000 nurses across 14 sites.
Nursing research has been identified as a key area for development under the Nursing Workforce Plan 2007-2010. The development of a strategy for nursing research has identified key focus areas for nursing research development that are in keeping with the Health Service’s operational plans and key performance indicators. The strategy promotes and monitors the development of research projects alongside new levels of collaboration between Monash University and Peninsula Health.
Peninsula Health continues to promote partnerships with other key stakeholders including Peninsula Hospice supporting the contribution of Professor Margaret O’Connor through the Vivian Bullwinkel Chair in Nursing, Palliative Care.
During 2007/08, Peninsula Health appointed a Research Nurse Consultant. The purpose of the newly created position was to identify research initiatives, develop the skill-set of nurses involved in research and increase the involvement and use of research by the nursing team.

Members
Executive Director, Nursing and Head, Nursing Research: Jan Child
Chief Nursing Officer, Frankston Hospital: Shamala Jones
Chief Nursing Officer, Rosebud Hospital: Sharon White
Chief Nursing Officer, Psychiatry: Barbara Keeble-Devlin (until April 2008), Cayte Hoppner (from June 2008)
Chief Nursing Officer Community and Continuing Care: Jill Jukes (until June 2008), Sandra Tesoriero (from June 2008)
Senior Manager, Nurse Education and Development: Maureen Habner
Nurse Practitioner, Psychiatry Nursing and Seclusion and Restraint Reduction Project Coordinator: Cayte Hoppner
Research Nurse Consultant: Peter Taylor
Manager, Education and Training, Psychiatric Nursing: Jakqui Barnfield
Associate Nurse Manager 1 West: Tracey Harmer
Associate Nurse Manager 1 West: Barbara Burriss
Senior Clinician, Aged Psychiatry Assessment and Treatment Service: Amanda Heib
Nurse Educator, Intensive Care and Nurse Education Department Research Portfolio: Melissa Bloomer

Current research projects
- Factors contributing to the decision to seclude a patient in the acute inpatient psychiatric unit. Ms Cayte Hoppner
  This is a case control study identifying the staff, patient and environmental factors that contribute to decisions to seclude patients admitted to the inpatient psychiatric unit.

Clinical activities
- Elder Abuse. The development of a screening tool for elder abuse in the aged psychiatric inpatient setting.
- Metabolic co-morbidities in psychiatric settings. The development of an age specific metabolic screening tool for the acute inpatient setting.
- Behavioural and psychological symptoms of dementia (BPSD). Developing a pet therapy program at Carinya as an intervention for the reduction of BPSD.
- The use of screening tools as a measure of effectiveness of interventions for BPSD in the Aged Psychiatry Assessment and Treatment Service.
- AVERT (A Very Early Rehabilitation Study). Collaborative Physiotherapy/Nursing project with nurses from Ward 5GS participating.

Publications

Presentations
Bloomer M. Death and end-of-life management in a metropolitan intensive care unit. ANZICS/ACCCN Annual Scientific Meeting, Rotorua, October 2007.
Financial support, grants and prizes
Centre for Psychiatric Nursing (Clinical Research Fellowships) funded three nursing led research projects. Funding allowed for nurses to attend the Centre and for training in research methods.

Nutrition and Dietetics
All Dietitians working at Peninsula Health have an undergraduate or Masters degree and postgraduate qualifications as Accredited Practising Dietitians.

Dietitians are essential members of the health team who create strategies to enable clients to achieve their food and nutrition related goals using evidence-based practice. Nutrition and Dietetics actively works with Food Services to ensure the provision of a high quality food and nutrition service for patients.

Peninsula Health dietitians are involved with practice based research to develop innovative approaches to patient care. They are a resource for the multidisciplinary team actively collaborating on patient initiatives.

Dietitians work with patients of all ages across the continuum of care to identify problems, assess nutritional status, develop care plans, provide nutrition education for patients and their families and monitor the effectiveness of interventions. They provide nutrition services to inpatients in acute, sub-acute and residential care settings and provide outpatient counselling, both in acute and as an integral part of the Community Rehabilitation Program (CRP).

Dietitians also support patients in their homes through the CRP, Transition Care Program and Home Enteral Nutrition Program.

Members
Director, Nutrition and Dietetics: Helen Nikolas
Senior Dietitians: Karen Edis, Raisa Shaik, Helen Stratmann
Grade 2 Dietitians (Research and Quality Convenors): Ana Hughes, Georgina Konidaris, Georgie Rist, Fiona Turnbull, Kathy Wheatland

Translating research into clinical practice
In 2007/08 Nutrition and Dietetics began a focus on nutrition support of elderly patients in both sub-acute and acute settings, with a view to improving the timeliness of assessment and intervention by the dietitians, and overall outcomes for patients.

The Department developed a Pre-assessment Priority Tool which has improved the dietitians’ ability to assess and prioritise sub-acute patients quickly according to nutritional need.

The Pre-assessment Priority Tool has now been trialled successfully on acute wards at Frankston Hospital, resulting in improved continuity of care for patients as they move through Peninsula Health. The tool has also been integrated into the Stroke Pathway.
Clinical activities

- Research and Quality framework for Nutrition and Dietetics.
- Well for Life – a multidisciplinary health promotion project aimed at improving hydration and providing opportunities for walking for patients in residential care.
- The Appropriate Serving Sizes project to improve patient satisfaction included education and a new staff manual.
- The Thickened Fluids review, hydration protocol, guidelines and policy development was completed in collaboration with Speech Pathology.
- Menu Nutrition Standards were developed to support ongoing menu development in collaboration with the Food Services Committee.
- The Aged Care and “Bones” project work includes Elderly in Acute, Fractured Neck of Femur protocol and Vitamin D supplementation.
- Malnutrition screening tool was implemented in the Frankston and Rosebud Chemotherapy Day Units.
- A review of patient nutrition education material including readability testing.
- The Home Enteral Feeding program was evaluated and all supplemental and tube feeding products used across Peninsula Health were standardised.
- Guidelines for TPN (Total Parenteral Nutrition) hang time and the use of trace elements in TPN were developed with the Pharmacy Department.
- Diabetes services across the Peninsula were mapped and changes made in nutrition outpatient services where gaps were identified.
- A review of nutrition statistics resulted in improvement in knowledge that will translate to service improvements.
- A system of clinical supervision and mentoring was researched, developed and successfully implemented across Nutrition and Dietetics, including voluntary inclusion of dietitians in community health areas.

Publications


Presentations


Financial support, grants and prizes


Fiona Turnbull was nominated by the research team University of NSW as the Best Emerging Research Coordinator in the multi-site research project Early parenteral nutrition feeding in ICU.

Nutrition and Dietetics was awarded a second place commendation in the Peninsula Health Quality Awards 2007 for the reorganisation of the Department, including the development of a research and quality framework.

Peninsula Health Nutrition and Dietetics was awarded a grant from the Department of Human Services to participate in the Preventing functional decline of the older person project as a partner agency looking at nutrition in functional decline.

Victorian Home Pathways Grant awarded to Ana Hughes to gain PEG tube feeding credentialing to support patients living at home as part of the Community Rehabilitation Program.

Occupational Therapy

Occupational therapy enables people to retain or regain function in their daily activities and occupations despite impairments, disabilities or handicaps which limit activity or participation, or pose risks to their wellbeing.

Peninsula Health employs more than 70 occupational therapists across the acute, sub-acute, residential care, mental health, domiciliary care and community health services. A number of significant strategies have commenced to ensure that continuous quality improvement and evidence-based practice is embedded into clinical care.

The Department of Occupational Therapy, School of Primary Health Care, Monash University, has become a partner in establishing research capacity building within the Occupational Therapy Service. Several academic staff provide mentoring support for Peninsula Health staff with the emphasis on progressing defined projects or bodies of work. Developing critical analysis skills and enhancing...
capacity to apply research to practice within an evidence-based practice framework underpins this support. A senior clinician has been appointed to facilitate and support research, quality and evidence-based practice within the Department. This position has a focus on reviewing current practice and development of an overarching framework to assist clinicians to incorporate research into clinical practice.

Director, Occupational Therapy: Alison Watts

Senior Occupational Therapists: Sheila Baker, Rebekah Beard, Deidre Burgess, Josephine Chow, Susan Davies, Alison Lunt, Sarah Jane Whittle

Current research projects

- **Can you see what I perceive?**
  Sharon Parsons
  A joint research project is being undertaken by the Peninsula Health Occupational Therapy Department and the Monash University Department of Occupational Therapy, investigating the utility of three adult visual perceptual tests in an Australian population.

- **Evaluating functional recovery following acute hand injury.**
  Rebekah Beard
  A research project investigating the usefulness of three functional outcome measures in an acutely hand injured population.

Clinical activities

- **Pilot of Functional Independence Measure (FIM) on Ward GLR1.**
  This is a multidisciplinary project of an alternate outcome measure in parallel with the Barthel Index with an aim to determine the utility of FIM and whether benchmarking opportunities are enhanced.

- **Pilot of the use of Virtual Reality technology in inpatient rehabilitation.**
  This is an innovation to determine utility of using current technology as a therapeutic modality.

- **One Step Ahead.**
  This is a pilot project at Frankston Hospital aiming to establish whether targeted interventions, regarding self care and incidental mobility, can decrease functional decline in hospitalised elders.

Presentations


Mr Nigel Broughton, 
Orthopaedic Surgeon

At Peninsula Health, Mr Broughton concentrates on hip and knee arthroplasty as well as shoulder surgery of all types. He is involved in research and currently has at least four research projects which have been presented at both local and international meetings. Mr Broughton has been heavily involved in the surgical side of the unit in addition to the administrative side, having previously been the Head of the Division of Orthopaedic Surgery. He continues to play an active role in the development of the Orthopaedic Surgery Unit and the ongoing teaching of registrars.

Financial support, grants and prizes

Occupational Therapy trust (external) – Research grant received for the project - Evaluating functional recovery following acute hand injury.

Sue Davies received a grant of $1000 from Southern Melbourne Integrated Cancer Services towards the Australasian Lymphology Association conference as she was a presenter, chairperson, and involved in the development of a national lymphoedema practitioner education program.

Orthopaedic Surgery

The Orthopaedic Surgery Unit of Peninsula Health comprises nine surgeons, three registrars and two HMOs. All three registrars are accredited trainees on the Victorian Orthopaedic Training Scheme. The Unit provides a wide range of orthopaedic services to the population of Frankston and the Mornington Peninsula. An ever increasing trauma load maintains expertise in fracture management and sub-specialisation and allows the Unit to offer up-to-date elective services.

Most surgery is performed in the main theatre complex at Frankston Hospital however some less complex surgery is performed at Rosebud Hospital and the Day Surgery Unit at Frankston.

The Unit holds twice-weekly ward rounds and X-ray conferences with input from the Radiology Department. Monthly clinical conferences as well as quarterly audit meetings are also conducted. Specialist areas of interest where members of the Orthopaedic Surgery Unit have been active in research include joint replacement, knee surgery, shoulder surgery and foot and ankle surgery.

Members

Head of Unit: Mr Gerard Bourke
Orthopaedic Surgeons: Mr Nigel Broughton, Mr Peter Brydon, Mr Peter Hamilton, Mr Peter McCombe, Mr John Rehfisch, Mr Andrew Weber, Mr Reinhart Wuttke, Mr Ian Young
Registrars: Dr James Canty, Dr Brad Crick, Dr Ryan Lyall.

Current research projects

- The use of absorbable pin for PIP fusion in the treatment of claw toes.
  Mr Gerard Bourke
  A new technique for treating claw and hammer toes without the need for wires protruding from the end of the toes.

- Long-term follow-up of 40 total ankle joint replacements.
  Mr Gerard Bourke
  The results of patients implanted with total ankle joint prosthesis are reported with clinical, radiological and pedobarographic results.

  Mr Gerard Bourke
  Three shoes are compared using pain scores as well as pedobarographic study.

  Mr Nigel Broughton
  A comparison of 26 patients at least six months after surgery with a better result in the posterior group.

- A rotating hinged knee: indications, results and complications from 15 cases.
  Mr Nigel Broughton
  This is the first documented study on the long-term outcome for this prosthesis.

- Are big heads better? A comparison of femoral head size in total hip replacement.
  Mr Nigel Broughton
  This is an ongoing project to be presented in 2009.

Presentations


McCombe P. Bone density changes above a non-cemented acetabula component compared to a cemented acetabulum in conventional total hip arthroplasty. *Arthroplasty Society of Australia Meeting*, Canberra, April 2008.

**Pain Management**

The Pain Management Unit provides a specialist supervised acute pain service in conjunction with the Department of Anaesthesia along with consultative and interventional pain relief treatments for chronic pain. Inpatient services include specialised treatment for chronic non-cancer pain and severe cancer pain.

The Unit is in the process of establishing a pain management program, weekly pain clinic and team meeting.

The research focus of the Unit is on treating patients with painful knees with selective nerve blocks and pulse radiofrequency treatment (PRFT) in conjunction with members of the Department of Anaesthesia.

**Members**

Head of Unit: Dr Murray Taverner
Physician: Dr Tony Pendergast

**Current research projects**

- **Double-blind, randomised control trial of active and inactive transcutaneous pulse radiofrequency treatment for knee pain in patients awaiting knee replacement surgery.**
  Dr Murray Taverner, Dr Tarin Ward, Associate Professor Terry Loughnan
  This ongoing study is to determine if a non-invasive outpatient treatment can provide useful pain relief in patients with arthritic knees.

  **Presentations**

**Palliative Care Consultancy Service and Palliative Care Unit**

The Palliative Care Service has two roles:

Medical and Nursing Consultancy and Pastoral Care to provide physical, psychological and spiritual support to patients with a progressive life threatening illness and their families at Peninsula Health sites.

Specialist care including end-of-life care, symptom management, psychosocial and spiritual support in the 15 bed Palliative Care Unit at the Golf Links Road Centre.

**Members**

Director of Palliative Care Medicine: Dr Brian McDonald
Senior Medical Officer: Dr Robert Lewis
Registrars: Dr Simran Bassi (July 2007 to January 2008), Dr Aye Tint (February 2008 to April 2008), Dr Hamna Sahi (May 2008 to July 2008)
Nurse Unit Manager: Ms Susie Blashki (October 2007)
Clinical Nurse Consultants: Mrs Raelene Rees, Mrs Maureen Hardidge
Pastoral Carer: Mrs Gwenn Austin
Pharmacy: Academic Detailing

The aim of this project is to improve accuracy and timeliness of medication information in acute hospital discharge summaries via the use of one-to-one academic detailing methodology to junior medical staff. The assistance of a pharmaceutical company’s training department was enlisted to educate clinical pharmacists on academic detailing methodology and to assist in developing goals and detailing materials. The junior medical staff then received individual academic detailing sessions.

The baseline data showed that 87.4 per cent of discharge summaries had an accurate list of medication documented compared with nearly 100 per cent after the detailing. Major improvement was shown in documenting alterations (including the rationale of alterations) of medications in discharge summaries from 23 per cent to 79 per cent. All discharge summaries were completed within 48 hours throughout the audit. The percentage of discharge summaries that had all the required information improved from 12 per cent to 74 per cent. A complete discharge summary includes an accurate list of medications, documentation of medication alterations and their reasons. This project demonstrates the successful use of academic detailing methodology to influence the behaviour of junior medical staff. The improvement in the completeness and accuracy of discharge summaries may reduce the risk of medication misadventure in the transition between hospital and community care.

Pathology

The Pathology Department is highly regarded as a training institution for anatomical pathology registrars in Victoria. Over the last three years, the Department has successfully completed the training of two anatomical pathologists. Since June 2006, Dorevitch Pathology has also part-funded a new haematology-oncology registrar training position at Frankston Hospital.

The Frankston Hospital Dorevitch Pathology Laboratory provides pathology services for Peninsula Health, including Frankston and Rosebud Hospitals, the Mornington Centre, and related aged-care facilities and for general practitioners and specialists in the area.

The Laboratory offers services in all pathology disciplines including biochemistry, microbiology, virology, serology, histopathology, haematology, cytology and immunology.

The Laboratory continues to meet the requirements for laboratory accreditation by the National Association of Testing Authorities Australia (NATA). This ensures quality compliance and continuous improvement across all functions of the Laboratory.

Members

Director: Dr Phillip Kostos
Clinical Haematologist: Dr John Catalano
Clinical Microbiologist: Dr Sheena Broughton
Pathologists: Dr Christine McTigue, Dr Jill Pollard
Laboratory Manager: Ms Jenny Couper
Registrars: Dr Kenneth Kam, Dr Steuart Rorke

Pharmacy

The Pharmacy Department provides a comprehensive range of clinical, supply and information services to all sites within Peninsula Health. Four Pharmacy Departments are located at Frankston Hospital, The Mornington Centre, the Golf Links Road Centre and Rosebud Hospital. In addition, there are three satellite pharmacies at Frankston Hospital on the 4th and 5th floors and in Psychiatric Services.

The Pharmacy Department is responsible for undergraduate and postgraduate training and supervision of pharmacy students and trainees and clinical education services to nursing and medical staff. The Department also hosts and supervises the diploma thesis projects for overseas pharmacy students from Austria. Last year, the Pharmacy Department hosted a pharmacy student from Denmark and this year hosted a student from Portugal.

The service provides professional expertise on committees such as the Drugs and Therapeutics Committee and the Human Research and Ethics Committee.
Committee. The Director of Pharmacy, Skip Lam, is a member of the Pharmacy Advisory Group (Health Purchasing Victoria) and participates in the Healthsmart Clinical Systems Project workshops. Ben Leung, Chui Yap and Teresa Hennig are members of the different tumour groups of the Southern Melbourne Integrated Cancer Service.

**Members**

Director of Pharmacy: Skip Lam  
Deputy Director of Pharmacy: Ben Leung  
Pharmacy Manager, Golf Links Road Centre and The Mornington Centre: Karen Lewis  
Pharmacy Manager, Rosebud Hospital: Ron Hookway

**Current research projects**

- **The impact of smart pump technology on medication safety.**  
  Rebecca Pang  
  The aim of this project is to determine if the implementation of the smart pumps has an impact on IV medication administration errors (prescribing, administration and adherence to IV medication administration protocol).

- **Nursing perception of the smart pump – qualitative and quantitative survey.**  
  Rebecca Pang  
  A survey to understand the end users’ perception of this new technology and the relationship between nurses’ acceptance and the impact on IV medication errors.

- **Changing practice – improving documentation of previous adverse drug reactions (ADR) and allergies.**  
  Peter Blewitt  
  The aim is to improve the recording of patients’ ADR and allergy history on drug charts within 24 to 39.5 hours post-admission into the hospital.

**Clinical activities**

- **PETS (Pharmacist-initiated E-script Transcription Service.**  
  The goal is to ensure patient safety through continuity in medication management and to improve patient experiences at the point of hospital discharge.

- **Don’t clown around when it’s time to step down.**  
  This project aims to encourage early switching of IV to oral antibiotic therapy for patients.

**Presentations**


**Financial support, grants and prizes**

Better Skills Best Care Grant - Pharmacist-initiated E-script Transcribing Service.

**Physiotherapy**

Physiotherapy services are delivered across acute, sub-acute and ambulatory care settings. The services provided by the Physiotherapy Department include both primary and tertiary care with provision of such services occurring in inpatient, outpatient, centre-based and home-based settings. The Physiotherapy Department actively promotes ongoing professional development and supports research both internally and in collaboration with other health sectors. Through the promotion of research, the Physiotherapy Department aims to integrate and translate evidence-based research/guidelines into the development of local guidelines.

The Physiotherapy Department consists of more than 60 qualified physiotherapists. Approximately 10 per cent have a Postgraduate or Masters level degree. Another 15 per cent are currently completing their postgraduate study. To enhance the profile of research within the Physiotherapy Department, a position for an Associate Professor was developed and advertised in 2008.

Peninsula Health Physiotherapy Department is a clinical school for the Monash University Physiotherapy degree course, and provides a wide range of clinical teaching across its many areas of care. Teaching within the Physiotherapy Department occurs at both undergraduate and postgraduate levels. Clinical training is also provided to overseas qualified physiotherapists seeking registration in Australia.

**Members**

Director of Physiotherapy/Acting Director of Physiotherapy: Natasha Toohey/Jane Roberts
Senior Physiotherapists: Narelle Watson (Chair), Michael Davis, Peter Hough, Evelyn Kwan, Scott McGill, David McKenzie, Jane Roberts, Samantha Shaw, Caroline Stapleton, Mani Sundaram

Translating research into clinical practice

• Circuit training for stroke patients. Fiona Kent, David McKenzie
  Medical literature indicates that increasing amounts of therapeutic work completed by stroke survivors, results in improved functional outcomes. Short inpatient length of stay and limited Community Rehabilitation Centre contact hours are contributing to low levels of strength training for stroke patients. Circuit training has been suggested as an efficient means of providing physical training for stroke patients. A four week circuit group targeting both inpatients and community based stroke patients was trialled at Golf Links Road Centre in 2007. Participants achieved significantly improved walking speeds and endurance although perceptions of functional ability declined. A serendipitous outcome was the establishment on an informal support network amongst the stroke survivors and their carers.

• Testing the reliability of measuring muscle strength with a hand held dynamometer following a brief training protocol. Peter Hough, Alison Hunt, Quan Nguyen, Natalie de Morton
  Muscular strength in older age is an important indicator of the physical ability of older adults. Accurate measurement tools are required to guide treatment progression and optimise patient outcomes. The aim of this study was to test the reliability of the Nicholas Manual Muscle Tester (MMT) between new graduate therapists (inter-rater reliability) and the reliability of the new graduate therapists to reproduce their measurements with the Nicholas MMT on repeated occasions (intra-rater reliability) following only a brief standardised training regime. The results of this project suggest that measurements obtained using the Nicholas MMT are both reliable and relevant for clinical practice with new graduate therapists having received only minimal training applied to an aged inpatient population.

Affiliated research projects

• AVERT (A Very Early Rehabilitation Trial). Michael Davis
  A multi-centre controlled trial that investigates the effectiveness of the Arthritis Self Management Program for patients with hip/knee osteoarthritis. This project is in collaboration with the Centre for Rheumatic Diseases.

• Ways in which people cope with pain. Dean Gresle, Scott McGill
  An investigation that measures how well single-item questions regarding poor coping, anxiety, depression, fear-avoidance and social isolation screen for these psychological risk factors for pain chronicity, compared with longer validated questionnaires. This project is in collaboration with Monash University.

Clinical activities

• Dynamometer reliability study. A test of the inter- and intra-rater reliability of the hand held dynamometer to measure biceps brachii and quadriceps muscle strength.

• Measurement of hip protector compliance rates. This project measures patient’s compliance with hip protectors following the introduction of a trial period before prescription, for a cohort of evaluation and management patients.

• Outcome measures. A project involving the development and implementation of a suite of outcome measures to be used in both the inpatient and outpatient settings, to evaluate the effectiveness of the Agestrong Program.

• Physiotherapy education research. A project conducted in collaboration with Monash University investigating patients’ perceptions of Physiotherapy Clinical Education.

• Pedometer reliability project. A test of the potential to establish accurate recording of elderly patients with gait disturbances and gait aid use with a simple pedometer placed at the knee to overcome the inaccuracies noted for hip placement.

Presentations


Financial support, grants and prizes

Victorian Primary Health Care Research, Evaluation and Development (PHCRED) Fellowship awarded to Narelle Watson in 2008 to commence investigating the optimal time of immobilisation of distal radius fractures in the elderly population.
Plastic and Maxillofacial Surgery
The Plastic and Maxillofacial Unit comprises seven surgeons, an accredited plastic surgery registrar, and an HMO. The Unit operates at both Frankston and Rosebud Hospitals carrying out procedures including excision of skin cancers, elective hand and breast surgery and reconstruction of complex wounds. The Unit deals with a large volume of trauma, especially involving the hand and lower limb. Opinions are frequently sought of the Unit in regards to the management of chronic wounds and pressure areas. The Unit runs a twice-weekly multidisciplinary outpatient clinic with the Occupational Hand Therapists providing more than 3000 therapy services each year.

Members
Head of Unit: Ms Patricia Terrill
Surgeons: Mr David Hunter-Smith, Mr Mansoor Mirkazemi, Mr Tom Robbins, Mr David Ross, Ms Marie Rostek, Mr Damon Thomas, Mr Sunia Vudiniabola (Maxillofacial)

Translating research into clinical practice
- Experience with the use of needle fasciotomy in the treatment of Dupuytren’s Contracture.
  Dr Matthew Lee (Registrar),
  Mr David Hunter-Smith

Dupuytren’s Contracture is a disease which results in thick bands of scar tissue forming on the palmar side of the hand and fingers and may result in the fingers being pulled up into a clenched position. Traditionally an extensive operation, a fasciectomy, has been required to remove this scar tissue and allow the fingers to straighten. A new procedure, which can be used in milder cases of Dupuytren’s disease, has been introduced in which the band is simply divided without being removed and still allows the fingers to straighten. This technique involves using a normal hypodermic needle to section tight bands of Dupuytren’s thickened fascia in the palm of the hand so that fingers can be straightened and maintained in this extended position by the use of a night splint for several months until the scar tissue matures. The outcomes of these patients are being analysed however, preliminary results indicate excellent outcomes with this technique.

Clinical activities
- Preliminary report of local experience with the use of needle fasciotomy in the treatment of Dupuytren’s Contracture.
  This technique involves using a normal hypodermic needle to section tight bands of Dupuytren’s thickened fascia in the palm of the hand so that fingers can straighten again.
Psychiatric Services: Reducing seclusion and restraint

The reducing seclusion and restraint (RSR) project at Peninsula Health will develop and provide leadership to support the reduction, and where possible, elimination of seclusion and restraint. Peninsula Health will employ a comprehensive range of strategies to reduce seclusion and restraint focusing on the following key principles:

- Philosophy of care
- Training and professional development
- Practice development
- Leadership and management
- Improving the physical environment.

This project will involve the review of existing seclusion and restraint practices and incorporate a multifaceted approach to identify, develop and sustain evidence-based practice in the reduction of seclusion and restraint. The project will provide evidence-based alternatives to seclusion and restraint and will use a collaborative approach to engage stakeholders to drive and sustain the reform agenda.

A formal evaluation will be conducted to measure the impact of the project. Evaluation will be conducted through the use of surveys and routine quantitative data collection.

- Management of the Kirschner wire pin-site in hand fractures.
  A pilot project testing varying antimicrobial dressing products is underway to determine appropriate alternatives to trial for cost and clinical efficiency in minimising pin-site morbidity.

Publications

Terrill P, Fairbanks S. Is there just one lesion? The need for whole body skin examination in patients presenting with non melanocytic skin cancer. Submitted for publication.


Presentations


Terrill P. The split thickness skin graft donor site: have we found the perfect dressing? Third Congress of the World Union of Wound Healing Societies, Toronto, Canada, June 2008.

Terrill P. The split thickness skin graft donor site: have we found the perfect dressing? Wound Management Association of Victoria State Conference, Melbourne, August 2007.

Psychiatric Services

Research activities in Psychiatric Services have been led by the Director of Psychiatry and the Chief Nursing Officer, who leads the Nursing, Education and Quality Improvement Program. This program continues to be active in identifying and evaluating training and educational needs in clinical areas.
The Department has also employed a research coordinator and associates to assist in the development and maintenance of research programs within Psychiatric Services.

The Service continues its active quality improvement processes led by the quality coordinator. Psychiatry trainees are involved in a Masters program in Psychiatry in addition to the training program of the Royal Australian and New Zealand College of Psychiatrists (RANZCP).

**Members**

Director, Psychiatric Services: Associate Professor Richard Newton

Honorary Senior Lecturer, Monash University; Deputy Director of Psychiatry: Dr Steve Macfarlane

Chief Nursing Officer: Ms Barbara Keeble-Devlin (until April 2008)

Nurse Practitioner: Ms Cayte Hoppner

Program Manager: Ms Ann Hamden

Honorary Senior Lecturer, Monash University: Dr Priscilla Yardley

Senior Lecturer, Monash University: Dr James Le Bas

Nurse Educator: Ms Jakqui Barnfield

Research Trials Coordinator: Ms Xenia Jung

Research Associates: Ms Whenua Oner, Mr Evan Kemp

**Current research projects**

- **Pragmatic randomised trial of Risperdal Consta versus oral atypical antipsychotics in poorly adherent subjects with schizophrenia in a routine care setting.**
  
  Associate Professor Richard Newton

- **Community care evaluation: is deinstitutionalisation working in our community?**
  
  Ms Ann Hamden and Associate Professor Richard Newton

- **A multi-centre, double-blind, randomised, parallel-group, placebo-controlled, phase III study of the efficacy and safety of quetiapine fumarate sustained release (Seroquel SR™) in combination with an antidepressant in the treatment of patients with major depressive disorder with inadequate response to an antidepressant treatment (ONYX STUDY).**
  
  Associate Professor Richard Newton

- **Multi-centre, prospective, observational study of 900 subjects with schizophrenia or schizoaffective disorder in Australia, for whom the clinical decision has been made to initiate treatment with Risperdal Consta® as per the local product information. (COAST).**
  
  Associate Professor Richard Newton

- **A 12 month prospective observational study to establish the all-cause treatment discontinuation in outpatients with schizophrenia at risk of medication non-adherence.**

  Associate Professor Richard Newton

- **Treatment review and feedback program to determine risk of poor medication adherence in outpatients diagnosed with schizophrenia in Australia.**

  Associate Professor Richard Newton

- **12 week randomised double-blind placebo controlled parallel three group study to assess the safety, tolerability and efficacy of two dose level of PBT2 to slow progression of disease in patients with early Alzheimer’s disease.**

  Dr Steve Macfarlane

- **Accommodation options for people with a mental illness in the Frankston area.**

  Associate Professor Richard Newton

- **An open-label multi-centre study to determine the dose distribution of paliperidone ER (OROS®) in patients with schizophrenia.**

  Associate Professor Richard Newton

- **The mental health nurse pilot program.**

  Associate Professor Richard Newton

- **A randomised, double-blind, parallel-group, placebo-controlled, duloxetine-referenced, fixed-dose study evaluating the efficacy and safety of three dosages of Lu AA21004, in acute treatment of major depressive disorder.**

  Associate Professor Richard Newton

- **A long-term, open-label, flexible-dose, extension study evaluating the safety and tolerability of Lu AA21004 in patients with major depressive disorder.**

  Associate Professor Richard Newton

- **A randomised, double-blind, placebo-controlled evaluation of the efficacy of memantine on functional communication in patients with Alzheimer’s disease.**

  Dr Steve Macfarlane

**Publications**


Multi-media DVD/CD-ROM Publications


About Psychosis - a guide for consumers and carers. Funded by an independent grant from Janssen-Cilag. More than 10,000 copies requested nationally and internationally 2007.

CBT training programme for advanced trainees in Psychotherapy. Institute of Psychiatry, NSW. A complete Cognitive Behavioural Therapy course filmed on site and distributed via the Institute of Psychiatry 2008.

Presentations

Hoppner CJ. Changing the way we care: reducing seclusion and restraint in the acute setting. Modern Management of Psychosis Meeting, Melbourne, 2008.

Hoppner CJ. Changing the way we care: reducing seclusion and restraint in the acute setting. Forensicare, Thomas Embling Hospital, Fairfield, 2008.


Hoppner CJ. Changing the way we care: reducing seclusion and restraint in the acute setting. Peninsula Carer Council Meeting, Melbourne, 2008.


Newton R, Jackson C. Developing an educational DVD about psychosis utilising the experience of consumers and carers. The Mental Health Services Conference, Melbourne, 2007.

Newton R, Yardley P. Cognitive Behaviour Training for mental health clinicians. Masters course unit for Faculty of Medicine, Nursing and Health Sciences. Monash University, Frankston, 2007 - 2008.


Radiology

The Department of Radiology performs more than 70,000 imaging procedures each year. The Department provides a comprehensive service including radiography, ultrasound with doppler, digital fluoroscopy, multi-slice computed tomography (MSCT), nuclear medicine, magnetic resonance imaging (MRI) and interventional radiology. The new Angiography Suite enables patients to have diagnostic angiography as well as vascular interventional procedures. This equipment will also support the Cardiac Angiography Service for the next two years while the current facility is being redeveloped in Stage 2a of the Frankston Hospital Expansion. A significant amount of the Department’s workload is in supporting the Emergency Department, surgical imaging, and musculoskeletal, oncological and neurological services.

Head of Unit: Dr Chris O’Donnell
Manager, Radiology: Mr Bert Thorbecke
Visiting Radiologists: Dr Murray Bartlett, Dr Bob Dempster, Dr Alex Dulimov, Dr Richard Farris, Dr Alan MacKenzie, Dr John Waugh

Rehabilitation Medicine

The Rehabilitation Service provides care for patients at both the Golf Links Road Centre and Rosebud Rehabilitation Unit. Rehabilitation for patients with orthopaedic conditions, neurological problems or following a limb amputation is provided at the Golf Links Road Centre whilst patients requiring general rehabilitation are cared for at Rosebud Rehabilitation Unit. There is also a specialised movement disorder program at Rosebud Rehabilitation Unit for patients with conditions such as Parkinson’s disease.
Members
Head of Unit: Dr Selva Mudaliar
Physicians: Dr Chris Baguley, Dr Marylou Leach, Dr Daniela Pasagic, Dr Juris Rubenis

Current Projects
- Early intervention with inpatient rehabilitation in lower limb arthroplasties.
  Dr Mohit Dhir (registrar), Dr Selva Mudaliar
- National Stroke Foundation Audit
  Dr Marylou Leach, Ms Marlena Klaic
  In concert with multiple subacute inpatient facilities throughout Australia, Peninsula Health has submitted data to an audit being conducted by the National Stroke Foundation. The audit was a retrospective analysis of the treatment of selected stroke patients between January and December 2007 to assess compliance with recently published National Stroke Foundation Guidelines for subacute stroke management.

Social Work and Integrating Care
Social Work and Integrating Care services are provided across the Health Service in both the acute and sub-acute areas. Services within the integrating care area include:
- The Social Work Department which has more than 40 social workers who provide counselling, assessment and referral services to facilitate discharge planning across the Health Service in both inpatient ambulatory care services.
- The sub-acute assessment service facilitates admissions to sub-acute hospitals including discharge of patients from acute beds (both internally and externally to Peninsula Health) to sub-acute beds and the admission of private patients into sub-acute beds.
- The Response, Assessment and Discharge team (RAD), an interdisciplinary team that works in the Emergency Department to prevent unnecessary admissions.
- ROSS, the residential outreach and support service provides education, training and support to residential care facilities – specifically in relation to falls prevention and dementia education.
- ACCESS is the single point of referral for all Peninsula Health’s sub-acute services which also incorporates post-acute care.
- Hospital in the Home provides medical and nursing services in the patient’s home to facilitate early inpatient discharge planning where appropriate.
- MEACAS provides aged care assessment and management.
- Transition Care provides both care planning, support and restorative therapy in both bed-based and home-based settings for people with residential level of care needs.

Members
Director, Integrating Care: Sue Goonan
Manager, ACCESS: Judith Whitfort
Chief Social Worker: Michelle Barker
Manager, Aged Care Assessment Service: Paul Colosimo
Manager, Hospital in the Home: Sue Knight
Senior Social Worker, Acute Services: Julie Grant
Senior Social Worker, Sub-acute Services: Charlotte Blencowe
Acting Team Leader, RAD: Renee Blight
Team Leader, ROSS: Alice Urban
Manager, Transition Care Program: Sally Church

Clinical activities
- ROSS team - falls education and falls prevention assessments.
  The ROSS team provides falls education and falls prevention assessments to residential care facilities and their residents. ROSS undertakes audits of Emergency Department admissions at least twice a year to evaluate the impact of this falls education program. Audits demonstrate that falls education has resulted in reduction of admissions to ED related to falls; these initiatives and this data will be presented to the Falls Prevention Conference this year.
- RAD team - children presenting to the Emergency Department with long bone fractures.
  A quality improvement activity was conducted by the RAD team to explore the assessment and management of children under 5 years presenting to ED with long bone fractures. A recommendation was made for increased education surrounding the exploration of factors contributing to long bone fractures in this age group. It was also recommended that an ED assessment tool be developed and trialled to standardise the management of this presentation type.

Presentations
Chapman J. Residential outreach: innovation in residential aged care healthcare without walls. Delivering the Best Care in the Best Place Conference, Brisbane, August 2007.
Speech Pathology: Barium swallow evaluation

An investigation of radiation exposure during modified barium swallow evaluation using diagnostic quality imaging.

The principal investigators in this project are Ruth Best, Noni Bourke and Michelle Sargent.

Modified Barium Swallow (MBS) studies are a dynamic radiographic assessment of the swallowing structure and function that are performed by speech pathologists. They are considered to be the gold standard in dysphagia assessment and are a valuable adjunct to the clinical assessment in planning management of patients with dysphagia.

Advances in technology have allowed for the capture of high quality MBS images via digital imaging onto compact discs. These have been shown to increase the accuracy of evaluations made by speech pathologists but require higher levels of radiation.

This project aims to measure the radiation doses received by speech pathologists performing MBSs under digital recording conditions to ensure that optimum clinical care is provided to patients with dysphagia by utilising the best available diagnostic tool without compromising the safety of patients or staff members.
Financial support, grants and prizes
The discovering dementia education program was funded from a Commonwealth Service Delivery Grant, which ROSS had successfully applied for on behalf of ROSS and project partners.

Speech Pathology
Speech pathologists are qualified to assess and treat people who have a communication disability or have difficulties swallowing food or drink.

The Speech Pathology Department at Peninsula Health provides care across the Health Service in acute inpatient, rehabilitation, centre-based and home-based programs. The Department provides services for pre-school age children with communication difficulties and assistance for babies and children having difficulty feeding. Speech pathologists also assess and assist adults in acute and rehabilitation inpatient, and community settings who have swallowing or communication problems, often resulting from stroke or other neurological problems. Speech pathologists provide support and referral for people with hearing impairment and support for people receiving palliative care that are experiencing difficulties with communication or swallowing.

The Department has a strong commitment to clinical education through the Peninsula Health-Charles Sturt University Speech Pathology Student Unit.

Members
Director, Speech Pathology (until March 2008): Jenelle Collins
Acting Director, Speech Pathology, Senior Speech Pathologist, Rehabilitation and Aged Care and Clinical Education: Noni Bourke
Senior Speech Pathologist, Acute: Michelle Sargent
Senior Speech Pathologist, Paediatrics: Danielle Surwald

Clinical activities
- Paediatric dysphagia accreditation program. Revision of existing program in line with current best practice for staff training in this area.
- Collaborative interdisciplinary approach to tracheostomy management in the acute care setting.
- Development of modified barium swallow competency and accreditation program for all inpatient speech pathologists.

Presentations


Thoracic Medicine
The Department of Thoracic Medicine has two main areas of research interest: lung disease and sleep-related breathing disorders. In addition, the Department takes an active role in quality assurance activities and education.

The Sleep Laboratory at the Frankston Integrated Health Centre is a three bed, fully computerised laboratory which performs more than 700 sleep studies each year. The Sleep Lab aids in the diagnosis and treatment of people with sleep disordered breathing, such as obstructive sleep apnoea (OSA).

The Lung Function Laboratory at Frankston Hospital offers measurement of lung volumes and capacities, flow-rates, bronchial hyper-reactivity (as occurs in asthma), allergy testing, hypoxia-altitude simulation, exercise walking (for evaluation of home oxygen) and cardiopulmonary exercise testing. More than 3000 tests are performed each year at Frankston and Rosebud Hospitals.

Members
Head of Unit: Associate Professor David Langton
Physicians: Dr Gary Braun, Dr Nicholas Manolitsas
Respiratory Nurse Consultant and Research Nurse: Ms Julie Sharp
Senior Respiratory Scientist: Mr Van Le Blanc

Details of clinical and research activities of the Thoracic Medicine Department are outlined in the Respiratory Diseases section on page 16-17.

Current research projects
- An open-label study of Ig NextGen 16% administered by subcutaneous infusion in patients with primary immunodeficiency (PID). Associate Professor David Langton, Dr Gary Braun, Ms Julie Sharp
  The aim of this study is to assess how safe and well-tolerated subcutaneous Ig NextGen 16% is in patients on immunoglobulin replacement therapy for an inherited immune deficiency.
- A phase III multi-centre, randomised, parallel, placebo-controlled, double-blind study to investigate the safety and efficacy of treatment with Bronchitol (dry powder mannitol) in the
Women’s, Children’s and Adolescent Health: Paediatric Simulation Centre

The Centre has been established as part of the Peninsula Health Simulation Centre. Courses are held on paediatric and neonatal emergencies and paediatric emergency procedures. Paediatrics and neonatal courses utilise team-based scenario training sessions emphasising team issues whilst the emergency procedures course teaches aspects of illness recognition and airway management, vascular access and defibrillation. It is anticipated that research and evaluation in this area will be undertaken in 2008/09.

symptomatic treatment of bronchiectasis.
Associate Professor David Langton, Dr Gary Braun, Ms Julie Sharp

Translating research into clinical practice

- Reducing the risk associated with bronchoscopy.
  Whilst bronchoscopy is a relatively safe procedure occasionally serious side effects can occur. These may be due to excessive doses of local anaesthetic, so minimising the dose is important. In 2006/07 Peninsula Health researchers tested an idea that administering a 1% strength of local anaesthetic during the procedure would be as effective as 2% strength. The project was conducted over 15 months and their idea was proved correct. As a result of this research, all Peninsula Health patients now receive the lower strength anaesthetic and therefore have a lower risk of side-effects.

Urology

The Urology Unit at Peninsula Health offers a range of services including management of oncological problems, prostate conditions, urinary stone disease and urinary incontinence.

Head of Unit: Mr Chee Wee Cham
Surgeons: Mr Christopher Chang, Mr Alwin Tan

Vascular Surgery

The main focus of the Vascular Surgery Unit is patient management and surgical training. Surgical registrars learn the basics of vascular surgery as a pre-requisite of their fellowship training.

The Vascular Surgery Unit performs a broad range of routine peripheral vascular surgical procedures with the exception of dialysis access surgery and ‘open’ thoracic aneurysm repair. With the emerging trend an increasing number of endovascular interventions are performed. Endovascular aortic aneurysm repairs now outnumber the traditional surgical interventions, and patients receive balloons and stents in their blocked arteries rather than undergoing bypass surgery as a first line of treatment.

The Vascular Angiography Suite in the Radiology Department is now fully functional. The vascular surgeons and interventional radiologists work in cooperation in the new unit which provides a wide array of endovascular interventions for vascular patients.

The Vascular Surgery Unit consists of four vascular surgeons who are working to meet the ever increasing demand of the growing population of the Mornington Peninsula.

Head of Unit: Mr George Somjen
Vascular Surgeons: Mr Wai-Leng Chue, Mr Yew-Ming Kuan, Mr Graeme C Last
Publications


Presentations


Women’s, Children’s and Adolescent Health
The Women’s Health Service is a collection of services at Frankston Hospital provided from a purpose-built, integrated unit. Associate Professor Amar Trivedi, in a joint position with Monash University, is the Director of Women’s, Children’s and Adolescent Health.

Women’s Services oversees more than 2500 deliveries a year and conducts gynaecological surgery daily. Work has commenced on an expansion to Frankston Hospital’s maternity facilities which will result in additional maternity and birthing facilities.

Women’s Services research interests are mainly focused on women’s health issues nationally and internationally but do not preclude studies outside of traditional spheres that also impact upon women’s health. The teaching of evidence-based medicine has become a regular event within this Unit involving health care provision at all levels.

The Children’s and Adolescent Unit consists of the Child and Adolescent Ward and Special Care Nursery, with responsibilities extending to the Emergency Department and Maternity Services. The Unit also has well established links to child support and advocacy agencies in the community. The Children’s and Adolescent Unit is supported by five visiting specialist paediatricians who are also involved in administration, educational meetings and teaching.

The Child and Adolescent Ward cares for children and adolescents with general medical and surgical conditions. There were approximately 2500 admissions in 2007/08. One of the main areas of focus in the last year has been to proactively manage children with respiratory illnesses in order to reduce the numbers of transfers to tertiary centres.

The Special Care Nursery is a High Dependency Level 2 Unit with 13 cots with approximately 500 admissions per year. Many premature babies transferred back from tertiary centres are already participating in clinical trials or other research studies with follow-up and continued observation being facilitated by Peninsula Health staff.

Members
Director of Women’s, Children’s and Adolescent Health, Head of Unit: Associate Professor Amar Trivedi

Clinical Head Paediatrics: Dr Peter Francis

Obstetricians and Gynaecologists: Mr Geoffrey Baker, Dr Refaat Guirgas, Mr Keith How, Associate Professor Thomas Jobling, Mr David Luiz, Dr Petra Porter, Mr Ramesh Vasant

Paediatricians: Dr Ylva Andersson, Dr Hugh Kelso, Dr Ted Lowther, Dr Kathryn McMahon, Dr Anne O’Neill

Operations Director, WCAH: Ms Shamala Jones (until June 2008), Ms Sharyn Hayles (from June 2008)

Nurse Manager, Maternity Services: Ms Kim Davey

Nurse Manager, Women’s Services: Ms Della Attwood

Nurse Manager Child and Adolescent Unit: Ms Helen Hutchins

Nurse Manager Special Care Nursery: Ms Dianne MacFarlane

Current research projects
- **Review of all post partum haemorrhage cases of one calendar year.** Dr Gagandeep Kaur (registrar)
  This project is being undertaken to investigate the risk factors and management issues for post partum haemorrhage at Peninsula Health.

- **Review of External Cephalic Version (ECV).** Dr Uche Menakaya (registrar)
  The impression of all patients undergoing ECV was recorded and analysed.

Affiliated research projects
- **Match: establishing an antenatally recruited cohort of twins.**

Publications
Human Research and Ethics Committee members (from left): Ms Debra Griffiths, Ms Gwenn Austin, Mr Ian Taylor, Ms Stacey Hendriks (Secretary), Rev Alan Collins, Ms Maureen Habner, Mr Craig Fry, Ms Diana Ward, Mr Adrian Stone, Ms Liza Newby (Chair), Dr Susan Sdrinis (Executive Sponsor), Ms Jan de Clifford, Ms Lee-Anne Clavarino (Manager), Mr David Harrison.

From left: Dr Steve Macfarlane, Mr Simon Ruth, Ms Catherine Britt and Associate Professor Terry Loughnan.

Members 2007/08
Board Directors Representatives:
Chair, Ms Liza Newby
Deputy Chair, Ms Diana Ward

Peninsula Health staff members:
Dr Sara Watson (Executive Sponsor until May 2008),
Dr Susan Sdrinis (Executive Sponsor from May 2008),
Ms Gwenn Austin, Ms Lee-Anne Clavarino (Manager),
Ms Jan de Clifford, Dr Stephen Denton, Ms Julie Grant, Ms Maureen Habner, Ms Stacey Hendriks (Secretary), Associate Professor Terry Loughnan, Dr Steve Macfarlane, Mr Simon Ruth.

External members (specific membership categories):
Rev Alan Collins, Mr Rod Evenden, Dr Craig Fry,
Ms Debra Griffiths, Mr Adrian Stone.

Community Representatives:
Ms Catherine Britt, Mr Peter Brookhouse,
Ms Marion Brown, Mr David Harrison, Mr Ian Taylor.

Projects considered by the Committee during the period between July 2007 and June 2008:
Can patient self-management education programs improve outcomes of people with osteoarthritis?
Principal Investigator: Dr Richard Osborne

Developing and enhancing the quality of national injury-related hospital morbidity data.
Principal Investigator: Dr Kirsten McKenzie

A phase II, multi-centre, single-arm, open-label study to evaluate the safety and efficacy of lenalidomide (Revlimid®) in combination with dexamethasone in subjects with relapsed or refractory diffuse large B-Cell lymphoma.
Principal Investigator: Dr John Catalano

A phase II study comparing sequential satraplatin and erlotinib to single-agent erlotinib in patients ≥ 70 years of age with unresectable stage 3 or 4 non-small cell lung cancer as 1st-line therapy.
Principal Investigator: Dr Nicole Potasz
Optical stylet intubation: a comparison of the Bondfils stylet with Levitan stylet for routine intubation.
Principal Investigator: Dr Ashley Webb

The effectiveness of methoxyflurane, administered via the Penthrox Inhaler, as an analgesic agent in patients undergoing minor painful procedures in the Emergency Department.
Principal Investigator: Dr Franco Schreve

Occlusion pressure of right internal jugular vein compared with neck circumference in volunteers.
Principal Investigator: Associate Professor Terry Loughnan

A study of the use of a frozen glove to prevent onycholysis in patients receiving docetaxel on either a 3-weekly or a weekly schedule.
Principal Investigator: Dr Jacquie Thompson

Australian Network for Thrombosis in Stents (ANTS). An observational case-control study exploring the clinical, lesion specific, procedural and pharmacological factors associated with an increased risk of late stent thrombosis.
Principal Investigator: Dr Gregory Szto

A two-centre, open-label, phase IV clinical trial examining the efficacy of Prothrombinex-VF alone versus Prothrombinex-VF combined with fresh frozen plasma in patients who require warfarin reversal.
Principal Investigators: Dr Barry Chan and Ms Maree Ryan

A randomised, multi-centre, open-label phase III study of adjuvant lapatinib, trastuzumab, their sequence and their combination in patients with HER2/ErbB2 positive breast cancer.
Principal Investigator: Dr Jacqui Thomson

A phase II study in adult patients with newly diagnosed chronic-phase chronic myeloid leukaemia of initial intensified imatinib therapy and sequential dose-escalation followed by treatment with nilotinib in suboptimal responders to determine the rate and duration of major molecular response (the ALLG CML9/TIDEL II Study).
Principal Investigator: Dr John Catalano

Knowledge-based decision support for mobile time dependent environments.
Principal Investigator: Associate Professor Frada Burstein

Principal Investigator: Mrs Rebekah Beard

Australasian and Leukaemia & Lymphoma Group tissue bank participant information sheet.

An audit of the use of maintenance electroconvulsive therapy in Victorian aged psychiatry services.
Principal Investigator: Dr Maria Tsanglis

A phase Ib, multi-centre, open-label, dose-escalation study of oral LBH589 and IV bortezomib in adult patients with multiple myeloma.
Principal Investigator: Dr John Catalano

Identification of protein markers suitable for the early detection of ovarian cancer.
Principal Investigator: Associate Professor Tom Jobling

An open-label multi-centre study to determine the dose distribution of paliperidone ER (OROS®) in patients with schizophrenia.
Principal Investigator: Associate Professor Richard Newton

Ways in which people cope with pain.
Principal Investigator: Dr Peter Kent

A case control study to identify risk factors for myocardiitis with clozapine.
Principal Investigator: Professor John McNeill

A comparison of mindfulness-based cognitive therapy with usual treatment plus active symptom monitoring for preventing relapse in people who have had recurrent depression (DARE).
Principal Investigator: Professor Graham Meadows

A randomised controlled trial of Consta+ compared to Consta+ and collaborative therapy in a naturalistic setting.
Principal Investigator: Ms Monica Gilbert

A phase I/II trial to determine safety and efficacy of combination therapy with 5-azacitidine (Vidaza) and thalidomide in patients with myelodysplastic syndromes (MDS).
Principal Investigator: Dr John Catalano

A randomised, double-blind, parallel-group, placebo-controlled, duloxetine-referenced, fixed-dose study evaluating the efficacy and safety of three dosages of Lu AA21004, in acute treatment of major depressive disorder.
Principal Investigator: Associate Professor Richard Newton

A long-term, open-label, flexible-dose, extension study evaluating the safety and tolerability of Lu AA21004 in patients with major depressive disorder.
Principal Investigator: Associate Professor Richard Newton

A phase III randomised study of brivanib alaninate (BMS-82664) in combination with cetuximab (Erbitux®, C225) versus placebo in combination with cetuximab (Erbitux®, C225) in patients previously treated with combination chemotherapy for metastatic colorectal carcinoma.
Principal Investigator: Dr Jason Lickliter

Predicting outcomes of lap-band surgery.
Principal Investigator: Mr Geoffrey Draper

A randomised, double-blind, placebo-controlled evaluation of the efficacy of memantine on functional communication in patients with Alzheimer’s disease.
Principal Investigator: Dr Steve Macfarlane

An open-label study of Ig Nextgen 16% administered by subcutaneous infusion in patients with primary immunodeficiency (PID).
Principal Investigator: Associate Professor David Langton
A randomised, double-blind, placebo-controlled, multi-centre, phase III study of drotrecogin alfa (activated) administered as a continuous 96-hour infusion to adult patients with septic shock.
Principal Investigator: Associate Professor John Botha

Match: establishing an antenatally recruited cohort of twins.
Principal Investigator: Dr Ruth Morley

Using motivational interviewing to reduce obesity and improve health in people with schizophrenia in community care units: changing behaviours towards greater physical activity and more nutritious diets.
Principal Investigator: Dr Caderyn Gaskin

Can cognitive-perceptual assessment scores predict the functional performance skills of adult clients diagnosed with neurological impairment?
Principal Investigator: Dr Ted Brown

Negligible risk research and quality activities

Accommodation options for people with a mental illness in the Frankston area.
Principal Investigator: Associate Professor Richard Newton

Time spent with families in a palliative care unit: impact on nurse’s stress and workload.
Principal Investigator: Dr Susan Lee

The mental health nurse pilot program.
Principal Investigator: Associate Professor Richard Newton

Evaluation of the integrated rehabilitation and recovery care program (IRRCP).
Principal Investigator: Dr Karen Fisher

An evaluation of grade 1 occupational therapy rotation position at Peninsula Health.
Principal Investigator: Ms Ingrid Baarsma

The reduction of seclusion and restraint.
Principal Investigator: Ms Cayte Hoppner

Principal Investigator: Ms Rebecca Pang

The use of a patient held record in patients with neurological tumours.
Principal Investigator: Ms Wendy Wild (SMICS)

Continuum of care project consumer survey.
Principal Investigator: Ms Judith Congalton (SMICS)

Safety improvement activity – readability and legibility of ampoules.
Principal Investigator: Associate Professor Terry Loughnan

Discharge management of acute coronary syndromes project (DMACS).
Principal Investigator: Mr Skip Lam

Improving the practice of nutrition therapy in the critically ill: international nutrition survey 2008.
Principal Investigator: Dr Daren K Heyland
The objectives of the 2008 Research and Clinical Services Report:

- To demonstrate Peninsula Health’s commitment to research relevant to the needs of its community. This is highlighted on pages 8-17 where research related to the causes of death and disability amongst members of our community is highlighted along with research initiatives to improve patient comfort and care during treatment.

- To acknowledge the research achievements and services provided by Peninsula Health’s dedicated staff. This is highlighted on pages 18-49 where the contributions to research and patient care by our clinical departments are described.