

WAIKATO CLINICAL SCHOOL

TE KURA RATA O WAIKATO

END OF YEAR NEWSLETTER

DECEMBER 2009

WELCOME ADDRESS BY PROFESSOR ROSS LAWRENSON



Professor Ross Lawrenson

Another year has come to an end at the Waikato Clinical School. All our Trainee Interns have successfully completed the year and have now started as PGY1s in various hospitals around New Zealand. It was particularly pleasing that 12 have found jobs at Waikato Hospital and a number have also stayed on at Rotorua. 2009 has been marked particularly by the planning for a cohort of 5th year students in January 2010. Midway through the year the discussions that have been held at the University decided that the mooted postgraduate

entry programme that might have been held at Waikato was not to be. Instead we have been planning on how to increase the number of students in the 5th year who can spend a whole year in the Midland region. There has been the challenge of finding General Practice placements for 44 students throughout the year and arranging new runs in Geriatrics, Dermatology and Palliative Care. Thanks to all concerned for their help in arranging these new runs. We are pleased to say that this is part of a general increase in the use of Waikato in the Midland region for clinical training which we believe will have an influence on workforce recruitment and retention in the future. The numbers of medical students that have been admitted into the programme has been increasing steadily since 2003. In 2010 another 35 students will be entering year 2 which will be more than a 70% increase in the numbers of students funded to do medicine through the University of Auckland. We are waiting to hear whether the government's promise of another 140 students nationally will be met and how this will affect the Auckland Medical School and in particular, Waikato and the Midland region. Whatever the decision it is true to say that by 2013 there will be a consider-

able number of extra students in the system requiring clinical training. We believe we are well placed to offer this. A highlight of the year was the award of the Vice-Chancellor's Prize for Best Doctoral Thesis to Dr Rathan Subramaniam who is now working in the United States but received his award earlier in the year. Currently we have six staff who are pursuing their PhDs, two of whom have recently submitted and we have 7 who are registered to do an MD, one of whom has also submitted and is also awaiting the results of the examination of his thesis. We look forward to announcing the successful results of these endeavours and we are looking forward to trying to recruit more clinicians to think about doing post-graduate research degrees whether a PhD,

an MD or enter a Masters programme. So I would like to conclude this "Welcome Address" by just thanking everyone who has contributed to the Clinical School over the year, particularly our teaching staff. Your contribution has been much appreciated and has led to the excellent reputation Waikato has as a teaching centre. I would also like to extend our thanks to all the General Practitioners in the region who have hosted students during the year and I very much hope that you will be able to take further students in 2010. May I wish everybody a very happy Christmas and New Year and we look forward to a productive and happy 2010.



Dr Rathan Subramaniam and Professor Gregor Coster, Dean of Graduate Studies at The University of Auckland

CLINICAL SCHOOL OFFICE

Following the completion of formal attachments in 2009 with years 4, 5 and 6 medical students, it was thought in our short down time over the late November-December period we would have an opportunity to consolidate for student programmes in 2010. Reality check! In this very short period of time we need to put into place all that is necessary for the new 5th year cohort group, numbering 42, which will involve placements at Rotorua and Tauranga as well as Waikato. This has necessitated the setting up of six direct Auckland link computers for after hours use, with planning underway to increase the student common room computer capacity from 10 to 24. Video conference facilities are also being

installed at Rotorua and Tauranga. With accommodation and new initiative issues, this would not be possible without the amazing input of our administrative staff. Subsequent to Kelly Hines resignation following paren-



L-R: Eleni Nikolau, Kadhem Majeed, Karen Davies, Wilma Watson, Glenn Williams, Raewyn Wooderson, Kevin Nation & Rob Sinclair

tal leave, we are pleased to welcome Karen Davies to our administration team and thank Robyn Fenneman for

her ongoing support to the Waikato Medical Research Foundation based at the Waikato Clinical School. Irene Warren has again provided exceptional support over 2009 - making a major contribution to the successful placement of students at Rotorua. Duanna Fowler continues in her role as Personal Assistant to Ross Lawrenson and Wilma Watson as Student Administrator assisting with student programmes. A successful trainee intern dinner was held on 3 November with the added highlight of the CEO, Craig Climo, attending on behalf of the Waikato DHB, and Cathy Cooney, CEO, along with Dale Oliff, General Manager Clinical Services, from Lakes DHB. **Raewyn Wooderson, Manager**

ROTORUA

This has been another successful trainee intern year at Rotorua, with many staying on as house officers in 2010. Pip Furness received the TI award, and Dr Steve Bradley the Teacher's award. 4th year students have been welcomed in locomotor medicine (orthopaedics and rheumatology) for the first time, giving us confidence to expand the programme for 2010. Starting with a University of Auckland Roadshow in March, much effort has been put into gearing up for teaching on the 4th and 5th year programmes next year. There will be students placed in geriatrics, obstetrics/gynaecology, paediatrics and 4th year medicine - a total of about 600 student teaching weeks. This will be quite a challenge to deliver but will cement Rotorua's place as a major teaching centre for the School - **Assoc Prof Peter Jones**

SKILLS AND SIMULATION CENTRE

We have had another busy year with much activity conducting a number of specialised niche courses, as well as delivering the host of regular skills and simulation courses for a wide range of specialties, and for both undergraduate and postgraduate students and health professionals. The Skills Centre continues to have a positive profile, attracting participants from all over the country and internationally, as well as catering for the local staff



of the Waikato DHB and Waikato Clinical School medical students. Some of the main highlights include:

- Continuation of some key national courses being held here for registrars including trauma (EMST) and paediatrics (APLS) – attracting participants from all over the country and Australia
- Consolidation of the Newborn Life Support courses for midwives and Registrars
- The highly successful Ultrasound and Endovascular course for Australasian trainees organised by Thodur Vasudevan
- The expansion of simulation teaching sessions for additional specialities and departments
- Groundwork for a new franchised course for the Emergency Physicians planned to be

held here from 2010

In addition, the Trainee Intern procedural skills and resuscitation week long courses held in June proved very successful once again with positive feedback from students and instructors. Much thanks to Jan Gardiner and Jackie Stewart for making these run so smoothly and professionally. 4th Year undergraduate students also attend Emergency Department and Anaesthetic Dept simulation sessions organized by Jules Schofield and Hugh Douglas. Nathaniel Chiang has held numerous suturing courses for 4th and 5th Year students as well as a number of extra procedural skills sessions which are appreciated by the students. The calendar is almost full for 2010 already so another busy year lies ahead of us.



Rob Sinclair, Director of the Skills Centre, would like to acknowledge and thank all the teaching staff for their excellent contributions and enthusiasm in helping to make the centre a success. Special mention goes to Thodur Vasudevan and Kevin Nation and Renee McKeany for their continued interest and innovation.
- **Rob Sinclair, Director**

ACADEMIC PSYCHIATRY

2009 has been a busy year for academic psychiatry in the Waikato, particularly because Graham Mellso and David Menkes both took lead roles in developing the very successful RANZCP psychiatry conference in Rotorua in October. The convenor of that conference was Rees Tapsell, with David Menkes heading the Scientific Programme Committee. The programme included a number of innovations, as described on the conference website <http://ranzcp.tcc.co.nz>, which proved popular with delegates. The conference was also notable for the presence of 20 medical students, invited as part of a strategy to address NZ psychiatry's recruitment crisis. These included 9 University of Auckland students, three currently studying at Waikato. As part of the conference, David also developed the



Prof Graham Mellso

- NZ Guidelines Group (www.nzgg.org.nz/)
- NZ Ministry of Health (www.moh.govt.nz/)
- PHARMAC (www.pharmac.govt.nz/healthpros)
- Te Pou (www.tepou.co.nz/page/11-Welcome)
- Waikato and Lakes DHB Libraries (www.waikatodhb.govt.nz/library)

The conference was scheduled to immediately follow a meeting of the Global Scientific Partnership, convened by the World Health Organisation to contribute to the pending 11th version of the International Classification of Diseases (ICD-11). Graham Mellso arranged the schedule to allow a number of the international participants to stay on in Rotorua and contribute memorable keynote addresses to the RANZCP

conference (<http://www.ranzcp.org/media/psychiatry-conference-14-to-16-october-2009-rotorua.html>). The 4th year and Trainee Intern undergraduate psychiatry programmes, convened by Drs Wayne de Beer and Kadhem Majeed, respectively, continued as previously. Wayne de Beer has also taken on the central JRMO training role for Waikato dhb. The research efforts centred around Graham Mellso and David Menkes continued down the same pathways as the very successful activities of

2008, with a number of accepted publications and a number of projects cooperating with DHB clinical staff.
- **Professor Graham Mellso**

- Best Practice Advocacy Centre (www.bpac.org.nz/)
- Healthy Skepticism (www.healthyskepticism.org/)

GENERAL PRACTICE

I would like to thank all the General Practice teachers and practices who have helped with teaching Trainee Interns this year. We have a great bunch of GPs who have an interest in teaching. There are some stunning practice teams (and buildings), many of which I have visited recently. I am very excited about 2010 and for the new opportunity of having 5th year students. As I keep saying I believe general practice is the best place to learn undergraduate medicine and those students placed in general practice for much of their 5th year experience (as in the rural placement scheme) have fared extremely well when it comes to passing 5th year exams. We are always needing more GP teachers but the response to my recent request has been hugely encouraging. GPs work really hard; I know this because I work 7/10ths in my own practice. As a result I am very appreciative to those doctors who put their hands up and agree

to help. I have much planned for next year including providing some education opportunities to help GP teachers with their teaching. There is an exciting new 4th year GP program called GPOPS starting in Auckland. Here in Waikato the general practice department will be involved with 5th year cohorts for the first time. Their program is under review for 2011 but at present they spend two weeks in general practice. General practice lost two wonderful GP educators this year. The deaths this year of Drs Pat Farry and Paratene Ngata (whose great great uncle was Sir Apirana Ngata) has meant the loss of two great stalwarts of general practice. They will be dearly missed and our sympathy goes out to their families. I look forward to next year, to fresh new students, to building closer GP ties and to working with the great team at the Waikato Clinical School. Happy Christmas.

- **Dr Fraser Hodgson**

BREAST SURGERY

2009 has been a big year for me personally with my 4/10 appointment as Associate Professor. I was also invited to be a guest speaker at the St Vincent's Biennial Breast Cancer Meeting in Melbourne in February. In the Breast Care Service we remain very active in clinical trials work with 2 new large multicentre trials in late adjuvant endocrine therapy activated and our prevention study for women at high risk for breast cancer continues. A new tool – a Decision Aid – to assist recruitment to the SNAC2 trial of sentinel node based management vs axillary clearance was developed

in conjunction with Phyllis Butow and team from the University of Sydney's Psycho-oncology Service. As Chair of the Development Team, the Management of Early Breast Cancer Guidelines has taken a lot of my time and these were published in August. There is now ongoing work to develop strategies to implement these guidelines. Waikato Breast Cancer Trust continues fundraising activities to support our research work with the Pink Walk organised by Jenni Scarlet and team in October and the Women's Health Diary produced as a fundraiser. - **Assoc Prof Ian Campbell**

PRIMARY CARE

Continuing on from a successful 2008, many of the funded projects reached fruition this year. The GP placements for TIs have continued to provide students with experiences in both rural and urban areas in the Midland Region; the 6-week rural placements are now firmly established. In late 2008 Steven Lillis won a rural innovation fund grant to test the use of on-line methods of learning for rural patients in GP placements. The project was trialled with two cohorts in 2009. The team developed a GP TI page using free-ware software called Moodle. We also used Skype for students to link with the Course Director (Steven Lillis). Briefly, students experienced significantly less travel time as a result of the innovation. They also reported enthusiasm for the modes of teaching and the technology. Fraser Hodgson was welcomed to the team in August following Steven Lillis' resignation earlier in the year. He takes over as Course Director for the GP placements. He has enthusiastically taken up the reigns and has been out visiting practices. Once again we would like to thank the GPs and community health sector in the Waikato, Rotorua and beyond who have provided clinical placements and given their time in supporting the TIs this year - it is the only community experience they receive in their final year and it is incredibly important for understanding the complexities of these roles. Veronique Gibbons worked in collaboration with Sandra Rice, a Practice Nurse/Diabetes Nurse at Glenview Medical Centre in a qualitative study looking at barriers to initiating insulin in general practice. This has



"Oranga Tane Maori" Project Team
L-R: K Berryman, V Gibbons, R Lawrenson, W Johnstone, R Blundell & J Kidd

now been completed and we look forward to the results being published. Ross Lawrenson and Veronique Gibbons are named investigators on a grant funded by the HRC starting early next year. 'Oranga Tane Māori' brings together a team of experienced Maori and non-Maori clinicians, academics and healthcare service managers to create an in-depth understanding of whanau ora services in the Waikato region, and to provide practical information about how whanau ora services are working, and how these services can be built on or improved for Maori men who have chronic disease or cancer. This project began in March of this year and will run for three years. Ross Lawrenson and Veronique Gibbons are also named investigators on a one-year HRC translational research grant which investigates the impact of a new heart failure service in the Waikato. This has been developed in conjunction with Public Health and Cardiology. It is led by Dr Anita Bell, Medical Officer of Health for the Waikato DHB, who holds an honorary research post with the Clinical School. Veronique Gibbons presented at the Royal College of GPs new Research Day as part of their annual conference in Wellington. Good, strong research is continuing from this department. Research remains a focus with the department continuing to publish papers on thyroid disease, quality systems, diabetes, and mental health. We continue to support Waikato DHB staff undertaking research activities which include those doing post-graduate study through the University of Auckland.

- Veronique Gibbons

NURSING

The School of Nursing is developing a greater presence in the Waikato Clinical School with Senior Lecturer Dr Jacquie Kidd joining Senior Tutor Kathy Shaw in April last year. Jacquie



Nursing Staff at the Waikato Clinical School
L-R: Jacquie Kidd, Veronique Gibbons & Kathy Shaw

and Kathy teach and mentor a large cohort of postgraduate nurses, including Master of Nursing and PhD students. In addition, the School of Nursing has been awarded three con-

MEDICINE

The Department of Medicine have continued to provide excellent support for the undergraduate teaching programme, both for 4th Years and Trainee Interns. I would particularly like to thank Dr John McLachlan and Dr John Conaglen for their support of the teaching programme and particularly the organisation of the 4th year attachments which are particularly teacher intensive. In addition we have had a successful year with our Trainee Interns who in some cases needed some extra support having been allocated to directed electives at the end of their 5th year. I would particularly like to thank Dr Peter Zealand and Dr Louise Wolmarans for the added tutorial support that they gave to two of our Malaysian students who are now successfully employed as PGY1 House Officers thanks to their input. In 2010 rather than taking 4th years we will be concentrating on speciality medicine runs for the 5th year cohort. We hope that with some



extra resource that the department will be able to take 4th years again in 2011 as well as continue to support the 5th year programme. On the research side there have been a number of successes. In particular Dr Gerry Devlin has to be congratulated for his outstanding record of publications during the year including publications in the American Heart Journal and the New England Journal of Medicine among others. Congratulations too to Dr Martin Stiles who has been awarded his PhD and has also had an excellent year with publications including a paper in the Journal of the American College of Cardiologists and a chapter of a new book on Cardiology. With regards to our research in endocrinology Dr John Conaglen has also had an excellent year with publications in conjunction with Dr Marianne Elston who has been

completing her PhD in Australia. We are looking forward to Marianne joining the department in 2010 and working with Associate Professor Conaglen and his team. John Conaglen has also been active in the field of sexual medicine and has been to speak at a number of conferences and has published in the Journal of Sexual Medicine this year in conjunction with his wife Helen who won the Kudos Award for Medicine at this year's Hamilton Science Awards meeting. Congratulations to John and Helen on their success. We are also pleased to note the research activity of Dr Sarina Lim who has started her PhD on the topic of "Does myostatin regulate damage to and/or repair of the heart after myocardial infarct?". We are pleased that Dr Lim is able to work closely with researchers at Ruakura

and availed herself of the laboratory facilities there demonstrating the potential benefits of the link between the basic scientist and clinical staff within the Waikato environment. We are also pleased to see the development of research in the field of Oncology and the formation of the Midland Cancer Research Network under the aegis of the Midland Cancer Network. The research network ran a very successful one day meeting in July with Professor Tony Blakely as the key note speaker. Following this meeting the Midland Cancer Network have come together and are looking at building on the successful research activity of Dr Michael Jameson and the clinical oncologists with clinical trials as well as the opportunities in the field of radiotherapy and cancer surgery. Overall the Department of Medicine have had an excellent year with both teaching, research and postgraduate study and we are looking forward to further progress in 2010. - Prof Ross Lawrenson

tracts as academic partner to Waikato DHB. These are the CTA funded Nursing Entry to Practice, and Te Pou funded Mental Health New Graduate and Mental Health Leadership programmes and will cater for the education needs of approximately another 100 nurses.

In the coming year Kathy plans to evaluate the NETP programme as well as being central to its delivery. Jacquie has research interests in creative qualitative methodologies and the mental health arena which she

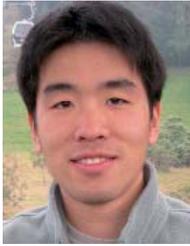
will continue to develop over the coming year. While both nurses are based in Hamilton and function as a part of the WCS, they are also very much a part of the School of Nursing as a whole.

The School of Nursing celebrates its 10th anniversary next year. It has gone from strength to strength, and has received some very positive feedback on its Auckland based BNurs programme following a two-day audit conducted by the Nursing Council - Jacquie Kidd

TRAINEE INTERN END OF YEAR AWARDS

David Clews Prize for the Best Student at Waikato Clinical School (presented by Eleni Nikolau) - Michael Lee

I was born in Taiwan and I have been living in New Zealand since I was 9. I am lucky to be the recipient of such a prestigious award this year but could not have done it without the support of my peers, teachers, family, friends and especially Raewyn at the Clinical School! Medical school years have been a roller-coaster ride; it has its great turns and twists, some expected, some not but a memorable journey nevertheless! Although I move on to working in the sunny Hawkes Bay, I will always have the wonderful memories to reflect on. On to the next chapter and hopefully I will make you all proud!



Michael Lee

Trainee Intern Prize in General Practice sponsored by Pinnacle (presented by Dr Fraser Hodgson) - Zuzana Oravcova - Wheeler

I am 33 years old, born in Slovakia. Love travelling and languages. I used to be an interpreter and language teacher, my main interests being Portuguese and Spanish. I am married to a Kiwi called Ben, whom I met on his elective in Amsterdam. Moved to NZ 7 years ago. Currently I am working in Dunedin (psychiatry). I hope to specialise in GP but have a very strong interest in O&G too.



Zuzana Oravcova-Wheeler

I have been working in Hamilton since I came to NZ on 5 January 1993. I gained my basic medical degree MBChB from Baghdad Medical School in 1978. I gained my first post graduate degree in Psychiatry (MRCPsych) from the UK in January 1992 and I gained my FRANZCP degree in August 2000 after completing the final examination which was held in Wellington in June that year. I have been involved in the Waikato Clinical School for the past eight years.

Peter Rothwell Clinical Teacher Prize (presented by Ross Lawrence) - Dr Kadhem Majeed

I have been working in Hamilton since I came to NZ on 5 January 1993. I gained my basic medical degree MBChB from Baghdad Medical School in 1978. I gained my first post graduate degree in Psychiatry (MRCPsych) from the UK in January 1992 and I gained my FRANZCP degree in August 2000 after completing the final examination which was held in Wellington in June that year. I have been involved in the Waikato Clinical School for the past eight years.

Rotorua Prize for Best Trainee Intern (presented by Cathy Cooney) - Pip Furness

I grew up in Auckland and have really enjoyed being a TI in Rotorua - especially as I have been going there to my family's bach at Lake Tarawera all my life. In the coming year I'll be PGY1 in Timaru Hospital, and I'm looking forward to both working in a small centre (with no registrars!) and getting all the outdoor opportunities that this region of-



Pip Furness

Rotorua Teachers Award (presented by Cathy Cooney) - Dr Stephen Bradley

I am a general paediatrician and have been working at Rotorua Hospital for 16 years. Over that time I have looked after over 100 Trainee Interns. I enjoy teaching and am very excited about 2010's 5th year cohort.

Ellis Dick TI Prize for Surgery (presented by Ron Dick) - Tracy Chan

I am from Kuala Lumpur, Malaysia and I was part of the group of international students who joined the medical programme at Auckland University in Year 4. I am currently working in the Cardiology Dept in Waikato Hospital.



Tracy Chan

GROWING UP IN NEW ZEALAND

Growing Up in New Zealand is a new longitudinal study which aims to build robust evidence of child development in 21st century New Zealand and therefore inform policy that relates to children and their families. The study focuses on multiple aspects of a child's life from health and wellbeing to family, education, psychological and cognitive development, neighbourhood, environment, culture and identity. Growing Up in New Zealand is led by the University of Auckland, and directed by Dr Susan Morton, a public health physician based at the School of Population Health. Five members of the Growing Up in New Zealand team are also based at the Waikato Clinical School. This team consists of Senior Research Fellow Dr Polly Atatoa Carr, Diana Benfell (Lead Community Consultant), Lisa Corkill (Lead Maternity Consultant) and Wayne Borell and Moko Kumar

(Maori Advisory Team Coordinators). It has been a busy year for the study, which is currently entering the last phases of recruitment of pregnant women from the Auckland, Coun-



L-R: Wayne Borell, Moko Kumar, Dr Polly Atatoa Carr, Diana Benfell and Lisa Corkill

ties Manukau and Waikato DHB regions. These women and their partners are being interviewed in the last trimester of their pregnancy, and their families will then be followed up regularly (approximately every eighteen months) until their children are young adults. As at the 23rd of November 2009 Growing

Up in New Zealand has enrolled 8650 pregnant women (over 2150 of these in the Waikato region), and interviewed more than 5000 pregnant women and 3700 of their partners.

The final Growing Up in New Zealand cohort will be generalisable to New Zealand's current birth population in terms of ethnicity, rural/urban mix and socio-economic circumstances; and the reporting of findings from the first wave of data collection will commence in mid 2010. It is really exciting for the Waikato Clinical School to be involved in such an influential and unique study, which has a real opportunity to translate the voices of thousands of New Zealand families into evidence that will improve the policy environment for future generations. For further information visit www.growingup.co.nz

- Dr Polly Atatoa-Carr

LOCOMOTOR

The big development in locomotor medicine this year has been the growth into Rotorua, with 2 students in each run placed with Mr James Fenton and his colleagues, and rheumatology support from Dr Ussher and Dr Petrie at QE Health. This year has been a difficult one for locomotor medicine, particularly in rheumatology following the passing of Dr Min Loke Wong. Dr Kamal Solanki has taken the lead in Rheumatology and Neville Strick has marshalled the orthopaedics. Developments for next year will see the appointment of two new young consultant rheumatologists and greater separation of the Waikato and Rotorua programmes, while student numbers remain the same - Assoc Prof Peter Jones

ANAESTHETICS

This year has been a steady year for research activity in the department. Because of staffing problems, the three month research registrar block has been in abeyance this year. However Dr Corinne Law was able to get support from ANZCA for 2 years to do an MD thesis entitled: "Intraoperative Titratability of Opioids - Can Electroencephalographic (EEG) Monitoring help us Predict How Much to Give?" (09/020). The initial observational study has been completed by her and summer student Jono McColl. Patient recruitment is about to start on the second phase of this project. This involves comparing the recovery and early post operative pain in patients who have a deep anaesthetic (BIS=30-40) vs those who have a lighter anaesthetic (BIS=50-60). This year we have also obtained funding from ANZCA to include analysis of various genetic polymorphisms of the mu-opioid receptors and transporter proteins in this work. This will add an extra dimension to our understanding of variability of response to pain (and opioid analgesics) in the postoperative care unit. It is likely that Dr Kelly Byrne will also be involved in this work for some of 2010. The other ongoing laboratory work involved the WMRF, Marsden, and Neurological Foundation funded projects - in collaboration with the University of Waikato. These have been progressing well, and a large number of papers and presentations have been produced. In December Professor Misha Perouansky, from University of Wisconsin, will be visiting the department.

- Professor Jamie Sleight

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