

Waikato Clinical School Newsletter

Welcome Address by Prof Ross Lawrenson

Welcome to our second annual newsletter. 2007 has been a year of highs and lows. The highs have been the achievement of our TIs, as recognised by the prizes they won at the end of year graduation ceremony and the representation of staff from the Clinical School in the Hamilton Science awards. The lows have definitely been the tragic loss suffered by Raewyn with the death of her son Jason, on top of losing at the peak of their careers two of our much respected clinical teachers, David Clews and Vince Murphy. Our condolences to all of their families and our best wishes to them for 2008.

We hope our students had a great experience at Waikato during the year. We had a steady stream of 4th and 5th year students, many having family connections to Hamilton and the Waikato – it

was great to see them enjoying their time here. As for our TIs both at Waikato and Rotorua I think we had another successful year – 10 of our Hamilton TIs have stayed on for PGY1 runs at Health Waikato and 6 from Rotorua have remained there. And Dayan – after being a TI in Hamilton he has moved south to join his colleagues in Rotorua. Many of our students had outstanding electives – Kieran enjoyed ice hockey in Canada, Michael saw the game reserves in South Africa before an elective in the West Indies, Kwang wrote several peer reviewed papers during his neurosurgery attachment in America (and will return there for a research fellowship in 2008) and Danuta had a great time in Oxford studying ENT surgery. No-one got lost or involved in a war which is always a relief! The TI dinner was great with another

video of “life in Rotorua” – it was much appreciated that a number of the clinical staff from Rotorua joined us for the evening. The Hamilton students revealed much of what had gone on during the year with the cricket style commentary from “Tony” Oehley and “Richie” de Alwis! Thanks to Raewyn and all the team for arranging another special TI dinner. We wish all our students well for the future and hope they will keep in touch.



Photo: Prof Ross Lawrenson
Head, Waikato Clinical School

The old family physician being away on vacation, entrusted his practice to his son - a recent medical student. When the old man returned, the youngster told him among other things, that he cured Miss Ferguson, an aged and wealthy spinster, of her chronic indigestion.

"My boy," said the old doctor, "I'm proud of you, but Miss Ferguson's indigestion is what put you through college."

Feature Article

Prof Jamie Sleight's Sabbatical

The overall purposes of this sabbatical leave were:

- (a) to develop (at a personal level) research collaborations with groups in the USA and Europe; that might lead to further combined publications and grant funding in the future.

My main research theme was to understand the processes by which the “inhibited brain” (i.e. during general anaesthesia or slow wave sleep) can transition into the hyperactivity associated with the seizure state. These processes also might help explain the how anti-convulsant drugs can also be pro-convulsant sometimes.

- (b) learn various experimental brain-slice research techniques, in order to expand our own nascent capabilities

in this area.

- (c) observe anaesthesia and monitoring techniques for neurosurgical operations.
- (d) wave the University of Auckland/Waikato Hospital/NZ flag.

During the course of the sabbatical I gave 14 lectures (University of California San Francisco, Stanford, Madison, Milwaukee, Orlando, Penn State, and Hershey in the USA; Newcastle UK, and Freiburg Germany) – on variations of the titles: “EEG and monitoring of depth-of-anaesthesia and sleep”, “Is mean-field modelling a useful approach for understanding anaesthesia and seizures?”, “Depth-of-anaesthesia monitoring: public service or lip service?”, and “Mechanisms of General Anaesthesia”, and a pre-exam tutorial on “Clinical



management of a difficult airway”. I also spent time discussing various aspects of experimental and theoretical work with over 50 researchers from the various institutes that I visited.

I would like to particularly thank Dr Kibblewhite and the Waikato Hospital Anaesthetic Consultants for allowing me to take a large amount of time off clinical work, and Persees Antia at Uniservices for the funding and organisation of a complex travel itinerary.



Prof Jamie Sleigh's Sabbatical continues....

Orlando – IARS conference
Talks & Ultrasound blocks



Photo: Prof Jamie Sleigh
Presentation slide

USA



Photo: Prof Jamie Sleigh
Presentation slide

Reflections, Questions, and Conclusions

1. If you want to develop working relationships and understand what goes on behind the published papers, there is no substitute for visiting fellow researchers and seeing their places of work.
- 2) The standard of clinical-work at Waikato is comparable with the various hospitals that I visited. However:
- (a) Waikato Hospital needs to set up a dedicated intraoperative neuromonitoring service for major neurosur-

gery and vascular surgery, and ICU.

- (b) In all the academic institutions there was a much higher level of intellectual debate, engagement, and interest than is to be found at Waikato. In part this may be due to geographical isolation. Relentless series of discussions and seminars by visiting world experts seemed to be the norm in USA and Europe. It is unclear to me how we could reproduce this here...
- 3) If I were to do it again, how would I change the design of the sabbatical?

I tried to make the most of the limited time and the long distances of travel – and tried to do too much (typically working 10-16hrs/day). Of course this was stimulating, but I ended up exhausted and with many unfinished loose ends. It will require a significant amount of post-sabbatical work to maintain fruitful academic relationships.

Rural/Grassroots

This year we initiated, in conjunction with the Auckland University Grassroots Club and the New Zealand Institute of Rural Health a “Waikato Weekend”. The students were exposed to the clinical skills centre in the morning followed by a visit to Te Kuiti Hospital in the afternoon. Saturday night the students hit the town and obviously had a great time sampling the Hamilton night life. On Sunday they were a little quiet but perked up with the beer and sausages provided by John Conaglen and his son Matthew at the BBQ on the beach at Raglan.

A number of TIs took advantage of a 6 week rural placement for their General Practice runs and thoroughly enjoyed their time in places such as Te Kaha, Wairoa, Kawhia and Te Kuiti. We are also watching with interest the development of the Northland “provincial” campus as we hope to replicate this in Midland in the not too distant future. Our two Senior Lecturers in Rural Health – Dr Jo Scott-Jones from Opotiki and Dr Rachel Thomson from Te Kaha have had a busy year – both have been doing their postgrad papers through the Goodfellow Unit – Rachel was awarded a Rural Innovation

Award from the Ministry and presented at the Bay of Plenty Primary Health Conference (with one of her wonderful nurses, Waimate Ngamoki) their Breast Screening Initiative which has increased the enrolment for breast screening from 35% to over 95% coverage of Māori women. Jo has published articles in New Zealand Doctor, presented at the New Zealand College of General Practitioners on the use of standing orders and was runner up (and voted by the audience best presentation) at the Bay Of Plenty Innovation Awards. Congratulations to them both.



Photo: Grassroots Club Waikato
Weekend 2007

Research

Assoc Prof John Conaglen has delivered another year of Waikato Research Seminars with a wide range of research topics showing the breadth of research that is going on in the Waikato. The Summer Studentship Programme continues to be a real opportunity for new entrant research work within the Clinical School and the Waikato DHB. Thanks to the Waikato DHB, the National Heart Foundation and the Sarah FitzGibbons Trust for their continued support for these studentships. We are

also pleased that the School has been able to help support the scholarship provided by the College of GPs to Dr Clem Le Lievre and the Rotorua General Practice Group – a summer student has been employed and is working on a project on diabetes.



Photo: Grassroots Club in the
Waikato Skills Centre

Awards

Dean's Medal

Benjamin McConchie

Brenda Dawson Award

Benjamin McConchie

David Clews Prize for the Best Student at Waikato Clinical School

Michael Oehley

Rotary Club of Auckland Medical Scholarship

Michael Oehley

Ellis Dick TI Prize for Surgery

Hian Kwang Yeoh

Waikato TI Prize in General Practice sponsored by Pinnacle

Michael Oehley and Danuta Young

Rotorua Prize for the Best TI

Danuta Young

Royal New Zealand College of General Practitioners Prize

Danuta Young

Peter Rothwell Clinical Teacher Prize

John MacLachlan

Rotorua Teachers Award



Photo: Danuta Young accepting an award from Dr Nic Crook

Department Updates

Medicine

The Department of Medicine has continued to provide an excellent environment for 4th year students as well as TIs – thanks to all the teachers at both Waikato and Rotorua – the feedback from students has been overwhelmingly positive. With regards to research, the Te Wai O Rona Diabetes Prevention Strategy Study came to its end this year and Prof David Simmons has returned to the UK. However research across the department has continued with Gerry Devlin being a joint investigator on the DHBNZ/HRC funded ABC study of Chronic Conditions. Dr Helen Conaglen and Assoc Prof John Conaglen's trial of partner preference of the pro-erectile drugs Viagra and Cialis has been completed and the key publication has just been accepted by the leading journal in the field. Congratulations to John and Helen.

Locomotor Medicine (Orthopaedics/Rheumatology)

The programme based at Waikato hospital and QE Health, Rotorua for 4th year students continues to be well received, and they have performed well compared with those attending other centres. There will be an increase in student numbers for 2008. New teachers Kamal Solanki (Rheumatology) and Neville Strick (Orthopaedics) have made invaluable contributions.

Surgery

4th years continue to excel and impress with their choice and quality of CAT's. Those of us that take these sessions are very envious that students have this terrific model to sift through the masses of modern literature and pick out the relatively small amount of really meaningful evidence. Keep up the good work. We wish we had a better understanding of this process at your stage!

Surgical Research was boosted in 2006 by the appointment of a Research Fellow Lupe Taumoepeau based at Waikato Hospital and supervised by Mr Vasudevan. 2007 has attracted a research fellow Nathaniel Chiang who will study the effect of wound healing

with high concentration inhaled Oxygen in the peri-operative period. Congratulations to Ian Campbell who was invited to Chair the New Zealand Guidelines working party on the management of early breast cancer – recognition of his standing in the field.

Anaesthetics

Prof Jamie Sleigh's achievements for 2007 were; two PI Marsden Grants; 'Brain connections via Turing structures' and 'Does anaesthesia steal time? Also he was successful for a Neurological Foundation Grant; 'Mean-field modelling of anaesthesia and seizures. 0710-PG'. Under Prof Sleigh's many achievements, he won the Kudos 'Medical Science Award'.

The anaesthetic research group has been concentrating on completing their Marsden-funded research; with the publication of 8 papers in peer-reviewed journals this year. They are now developing the capability to do electrophysiological work, which they hope will complement their clinical electrophysiological expertise. The department is now in the position to be able to offer a broad-based neuroscience research environment for any prospective PhD and MD students. National and International collaborative links have been further strengthened with the publication of several co-authored papers, and involvement in a number of new multi-centre clinical trials.

Primary Care

The TIs have had another successful year as far as their General Practice attachments are concerned. We thank all the GPs, in the Waikato, Rotorua and further a field, who have provided placements – it is a really important part of the clinical training they receive. Steven Lillis has provided an excellent support framework for the students with reflective tutorials and his unique team building approach – although age is catching up with him - he was apparently well beaten in the Go-Karting competitions scheduled as part of the team building! Steven has also had a busy year organising the GP Registrar programme. Thanks to Paul Kennedy and Liza Lack for their support with the programme. There are an increased number of



Photo: Michael Oehley accepting an award from Dr Steven Lillis

registrars next year and although the administration is moving to Wellington I am sure the Clinical School will continue to be involved. The School was also involved as the academic support to the local Waikato Bay of Plenty Faculty of the College of GPs in the running of this years RNZCGP Conference in Rotorua in July. By many accounts the conference was a great success and I am very appreciative of the support of Steven Lillis, Veronique Gibbons, Maree Munro from Pinnacle and the members of the local Faculty particularly Ian Gilbertson, Tony Mayne, Brendan Eade, David Whittet and Ralph Wiles. Meanwhile research continues to be a focus with the Department publishing papers on mental health, diabetes, education, heart failure and thyroid disease. We also presented results from last year's summer student project at the Primary Care Conference in Edinburgh. Thanks to all the practices and GPs that have supported these studies.

Psychiatry

The Department have had a very successful year. Prof Graham Mellsop has been appointed to the WHO Advisory Board on Classification of Diseases. He has been appointed as the Chair of the New Education Board for the Australian & New Zealand College of Psychiatrists and has been a visiting speaker at a number of National and International conferences. Assoc Prof David Menkes has settled in, has published papers on topics ranging from cannabis use, schizophrenia and pharmacoskepticism.



Clinical Skills & Simulation Centre

The Centre had another busy year with loads of regular courses happening virtually every day, and planning for some upcoming specialist niche courses. Over 3,000 participants went through the Centre over the year, attending a wide range of courses designed for many of the health disciplines - and for both undergraduate and postgraduate health professionals.

The new format for the Trainee Intern procedural skills and ACLS courses held in June proved very successful 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 John Bonning and Hugh Douglas.

Mr Thodur Vasudevan continues to be a key person involved with the Skills Centre with his innovation and keen interest in running a range of surgical courses, especially the very successful annual Endovascular course that attracts trainees from Australia and other parts of the country.

We have developed a couple of new courses covering Crisis Resource Management (CRM) and Team Leadership and have delivered these for a Māori Community Health Group and also at a GP Primary Response workshop. These were very well received. These workshops have been developed as a 'generic' session and can be adapted for virtually any health group or specialist team, as the focus is more on 'communication', assertiveness and team dynamics.

Early next year we are hoping to hold here the first NZ ACME (Australasian College for Emergency Medicine) 3 day simulation course. This is a professional development course for specialist emergency physicians, advanced trainees in emergency medicine, or other medical practitioners regularly involved in the care of emergency patients. This modular course also addresses current concepts in human factors and patient safety, communication and team performance, and safe working environments. This will be run utilizing Emergency Department consultants locally and from around NZ, and also Brian Robinson from Wellington.

The Skills Centre continues to have a positive profile, attracting health professionals from all over the country and internationally, as well as catering for the local staff of the Waikato DHB and other regional staff including a wide range of community health providers.

Skills Centre Director, Rob Sinclair would like to acknowledge the outstanding support from Renee McKeaney and Kevin Nation and all the other clinical teachers who run courses at the centre.



Photo: Mr Thodur Vasudevan in the Skills Centre

Clinical School Office

From an administrative perspective I would like to say a great big thank you to all members of the teaching staff who have assisted us in all disciplines this year. The feedback from students across the board has been very positive and this is directly as a result of the incredible effort made by the individuals involved. For those of you who were able to give me teaching dates and times well in advance, I cannot thank you enough. This enables us to have timetables and venues in place in plenty of time to avoid any potential clashes with other user groups. To all those who assisted with formal assessments and exams - special thanks.

I would also like to thank the secretarial staff at the WCS for their assistance over the past academic year - we managed to get through another

year only because of the team effort. It is gratifying to have staff who are ready and willing to assist with extra duties whenever we hit a peak period. It is a mammoth task to oversee and arrange accommodation for our students and at times we wonder about creating our own real estate company! In conjunction with Peter Jones, Irene Warren at Rotorua has been invaluable and we are extremely fortunate to have the support of both Peter and Irene to assist with our Trainee Interns at a distance. Since the previous newsletter, Kelly Hines has returned from parental leave following the arrival of her son Jaxon, Fiona Williams has been appointed to Ross Lawrenson's secretarial vacancy on Lyn Sadler's departure to Human Resources, and we are very happy to welcome Wilma Watson who has come to us from the Consultation Liaison Service.

It is always good to see our own ex-TIs coming forward to teach and Walter Flapper and Mark Hamilton representing specialty surgery. We wish Clive Straker all the best on his move to Tauranga.

O & G - Our thanks go to Nilaofer Meher-Homji for her long association and hard work in running both the TI and 5th year programmes for some years. We wish her every success also in her new direction.

