

Medilink

MATERNITY SPECIAL EDITION

Medical Professionals' direct link
to programs and services at the Wesley



Itchy feet lead to timely diagnosis for twins' mum

Aimee Pearce with newborns Abigail and Sidney in the Wesley Special Care Nursery

For Aimee Pearce, cuddling her twins without any medical attachments for the first time in the Wesley Special Care Nursery was a very special moment

"I was so excited to be able to see their little faces without any tapes and tubes after four weeks in the nursery. Abigail and Sidney were born at 34 weeks at the Wesley."

A registered nurse who works in patient flow at the hospital, Aimee decided to have her babies at the Wesley Maternity Unit, and developed gestational diabetes during her pregnancy.

At 32 weeks and five days, she presented to Wesley Obstetrician, Dr Melinda Heywood, with threatened premature labour. "I was experiencing contractions every few

minutes," she said. We were able to stop her contractions with medication.

After mentioning she was extremely itchy, Aimee was diagnosed with obstetric cholestasis. Dr Heywood says women with the condition particularly report being itchy on the soles of their feet and the palms of their hands. "This condition is caused by an accumulation of bile acids," she explained. "Women may have elevated bile acids but still have liver function test results in the normal range. In Aimee's case, however, she had extremely elevated liver function test results."

Itchy feet lead to timely diagnosis for twins' mum continued from previous page

Amiee's condition is not common. While the incidence of obstetric cholestasis varies, in a multi-ethnic population such as Australia it is around one per cent. With twins, the incidence is five times greater. "We don't understand the condition as well as we would like," Dr Heywood said. "The risks of obstetric cholestasis range from premature delivery, meconium-stained liquor and babies becoming distressed in labour. In particular, the risk of stillbirth is increased but we just don't know at what gestation that risk is increased. For singleton pregnancies, stillbirth is most likely to occur around 37-38 weeks. There is very little information about when this is most likely to occur in twins. It is also impossible to predict which pregnancies are going to be affected."

Obstetric cholestasis is a diagnosis of exclusion. Tests included liver ultrasound, hepatitis serology, and coagulation studies. Aimee was admitted to the Wesley Maternity Unit for monitoring and was given Ursfolk, which improved her liver function and relieved the itch.

"It was hard to make a decision on when to deliver," Dr Heywood said. "I consulted many of my senior colleagues at the Wesley, including Paediatrician, Dr Bruce Lewis. I felt very comfortable to do this as the specialists at the hospital work as a team. Because the babies were good sizes, both over two kilos, and Amiee had been given steroids for fetal lung maturation, the decision was made to deliver them by caesarean at 34 weeks."

There were no complications; the babies were well and Aimee's liver function tests returned to normal after the birth. The twins were admitted to The Wesley Special Care Nursery and remained there for four weeks before going home in March. "It was a great outcome," Dr Heywood said. ■

FAST FACTS

Exemplary service

- + Over 1300 births per year
- + 33 sets of twins delivered in 2014.
- + 24-hour anaesthetic service
- + Delivery of babies > 32 weeks gestation
- + Arrangement with other facilities for early delivery and return of mother at 32 weeks
- + Multi-disciplinary hospital team
- + High midwife-to-patient ratio.

Focus on personalised care



Over the past 20 years Dr Stephen Cook has brought around 6000 babies into the world at the Wesley. For many of these mothers, his care extends for years beyond the day of the birth. "I'm seeing patients whose babies I have delivered back here as my patients all the time," Dr Cook says. "As their obstetrician and gynaecologist I'm pleased I've also become their primary women's healthcare provider."

Continuity of care, a patient focus and extensive clinical experience is a key priority at the Wesley. Based at the Wesley Medical Centre, Dr Cook works with fellow specialists Dr Ross Turner, Dr Nikki Whelan and Dr David Hill, who have combined experience of over 100 years between them.

"Here at the Wesley we are very patient-focused and give one-on-one care. It is very personalised care," he says. "I deliver more than 90 per cent of women I see – less than 10 per cent are delivered by my colleagues. This is quite different from many group obstetric practices where a different doctor works in the labour ward every day. If there's an emergency, patients at the Wesley know who is going to deliver them. The doctors here are backed up by a very senior team of midwives who support women in labour.

"We are very woman-focused in our care. If a woman wants an epidural she can have one, if she doesn't want one she doesn't. If patients request epidurals and elective Caesars, those requests are followed through, but if they don't, we will do whatever is possible to avoid that."

Dr Cook said Wesley obstetricians are experienced in managing difficult pregnancies.

"Women with serious conditions such as pre-eclampsia are managed promptly and efficiently to minimise complications where a delay in delivery can contribute to a bad outcome.

"We have dedicated 24-hour anaesthetic coverage with a team on call and the Wesley has the one of the largest intensive care units in a private hospital in Australia, but very few women need to use this facility because they are managed so well during pregnancy."

The Wesley also has a Level 2 neo-natal special nursery that can care for babies from 32 weeks.

"Although the Wesley does not have a Level 3 neo-natal special care nursery, in the rare circumstances that it is required, we have a relationship with other hospitals that do," Dr Cook said. "Because our standard of care is so high, less than one per cent of babies born at the Wesley (0.67 per cent) needed to be transferred to a level 3 nursery in 2014. And less than one per cent of high risk pregnancies get transferred out – that means virtually all women who are booked here, stay here.

"In the Wesley Maternity Service's 27-year history, there have been no direct maternal deaths – no woman has lost her life in childbirth in the history of The Wesley Hospital. That's an amazing record." ■

Directory: Obstetricians and Gynaecologists

Dr Sile DeBhal

Obstetrician, Gynaecologist
MBBS, FRCOG, FRANZCOG

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Brisbane QLD 4000
T 07 3839 0403
F 07 3831 3186

Dr Graham Tronc

Obstetrician, Gynaecologist
MBBS (QLD), FRACOG



Dr Tronc prides himself on being able to offer the complete service, from fertility problems (often associated with endometriosis) through IVF, if

necessary, and on to the care of the mother and baby in utero. Dr Tronc is a specialist in endometriosis and uterine fibroids.

Dr Tronc is dedicated to his research for The Wesley-St Andrews Research Institute, and is undertaking research into the genetics of endometriosis. Previously Dr Tronc has researched an alternative treatment for uterine fibroids (still a common reason for hysterectomy) called uterine fibroid embolisation (UFE), and works in collaboration with The Wesley Hospital Interventional Radiology Team to save many women from hysterectomy.

He is also conducting a non-funded research project with Dr Barbara Laing of Wesley Medical Imaging into the use of MRI (magnetic resonance imaging) to diagnose adenomyosis (a condition similar to endometriosis). He is particularly interested in the diagnosis of adenomyosis in young women.

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Dr Stephen Cook

Obstetrician, Gynaecologist
MBBS, FRCOG, FRANZCOG



Dr Stephen Cook has been practicing at The Wesley Hospital for more than 20 years and is a visiting consultant Obstetrician and Gynaecologist at the Royal Women's

Hospital in Brisbane. His interests in IVF and infertility overlap with his interest in minimally invasive surgery and in particular the conservative management of Endometriosis.

Dr Stephen Cook is a graduate of the University of Queensland and trained at the Royal Women's Hospital in Brisbane before continuing his advanced training in the United Kingdom.

He was the inaugural winner of the Australian Gynaecological Endoscopy Societies Travelling Fellowship award and travelled to England, France and the United States to further advance his skills in laparoscopic and hysteroscopic surgery.

He is a Fellow of the Royal College of Obstetricians and Gynaecologists, and a member of the Australian Medical Association and the Australian Gynaecological Endoscopy Society (AGES).

Dr Cook is married with four children.

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Dr David Hill

Obstetrician, Gynaecologist
MBBS (QLD), MRANZCOG, FRANZCOG



Dr Hill has been working at The Wesley Hospital since 1995. He has a primary interest in obstetrics, and within gynaecology his special area of interest is pre-

invasive disease of the cervix.

A graduate of the University of Queensland, he obtained his medical degree in 1982. His training in obstetrics and gynaecology commenced at the Royal Women's Hospital, Brisbane, and was followed by four years in the United Kingdom where he worked at hospitals in Guildford and London.

Following a year in Townsville and a further year as a Senior Registrar at the Royal Women's Hospital, Brisbane, he completed his training.

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Dr Nikki Whelan

Obstetrician, Gynaecologist
MBBS, FRANZCOG



Dr Nikki Whelan has been working as an Obstetrician and Gynaecologist in Brisbane since 1995. Her practice is focussed on obstetrics and she has a special

interest in high risk pregnancies.

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CLINICAL EXPERIENCE

15 OBSTETRICIANS

4 PAEDIATRICIANS & NEONATOLOGISTS

80 DUAL TRAINED MIDWIVES & REGISTERED NURSES

Directory: Obstetricians and Gynaecologists

Dr Ross Turner

Obstetrician, Gynaecologist
MBBS, FRACOG, FRANZCOG, DIP OBS



Dr Ross Turner is a visiting specialist at The Wesley Hospital practicing in infertility, obstetrics and gynaecology. His interests include infertility, IVF,

general gynaecology, and laparoscopic and minimally invasive surgery.

A graduate of the University of Queensland, Dr Turner obtained his Diploma of Obstetrics and MRACOG in Queensland. He completed his Obstetric and Gynaecology Fellowship as a Senior Registrar at St Mary's Hospital, Portsmouth, UK.

During this time, Dr Turner advanced his interests in infertility and reproductive medicine by attending Professor Ian Craft's Infertility Clinic in London. He then completed a 12-month research fellowship in infertility at the Walsgrave Hospital, Coventry, UK.

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Dr Gino Pecoraro

Obstetrician, Gynaecologist
MBBS, FRANZCOG



Dr Gino Pecoraro has been practicing at the Wesley since 1997. He has a special interest in high risk obstetrics, especially thrombophilia and autoimmune

disease. He also has an interest in laparoscopic and vaginal surgery, endometriosis and menopause.

Dr Pecoraro completed his medical degree at the University of Queensland in 1988 and his fellowship in obstetrics and gynaecology in 1996.

Dr Pecoraro is a senior Visiting Medical

Specialist at the Royal Brisbane and Women's Hospital as well as the Wesley. He is a past president of the Australian Medical Association, National Association of Specialist Obstetricians and Gynaecologists, the Australian Gynaecological and Endoscopy Society, and the Australian and International Menopause Societies. He is also past secretary of the Royal Australian and New Zealand College of Obstetrics and Gynaecology (RANZCOG) and member of the Board for this organisation.

Dr Pecoraro maintains a keen interest in medical journalism and is a regular presenter on Channel 10 News, Brisbane.

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Dr Eva Kretowicz

Obstetrician, Gynaecologist
MBBS, FRANZCOG



Dr Eva Kretowicz has been working at the Wesley since 2000. She has an interest in obstetrics, infertility and endometriosis.

Dr Kretowicz completed her medical training in Poland in 1985. After working throughout Queensland, she went on to complete her fellowship training in Brisbane in 1999. She also held the position of Senior Registrar and underwent advanced training at the Mater Hospital.

She is a member of the Australian Medical Association, the Fertility Society of Australia and the European Society for Human Reproduction and Embryology.

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Dr Peter Ganter

Obstetrician and Gynaecologist
MBBS (QLD) FRANZCOG



Dr Peter Ganter has been practicing at The Wesley Hospital since 2004. He has a speciality in laparoscopic surgery, endometriosis, sub fertility as well as

male and endometrial factor infertility.

Dr Ganter completed his medical degree at the University of Queensland in 1992 and in 1997 he was accepted for registrar training with the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

He qualified as a specialist in Obstetrics and Gynaecology in 2003. After commencing private practice in the Cleveland area for two years, he expanded his practice to Wickham Terrace in Brisbane.

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Dr Andy Stamatou

Obstetrician, Gynaecologist
MBBS, FRANZCOG



Dr Andy Stamatou has been working at The Wesley Hospital since April 2010. He has a special interest in high risk obstetrics, particularly preterm delivery

and cervical incompetence. Other special interests include subfertility, endometriosis, PCOS and laparoscopic surgery.

Dr Stamatou graduated from the University of Queensland in 1990 and has worked in the public health system for more than 22 years. He commenced training in Obstetrics and Gynaecology in 2001 and was granted a Fellowship of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists in 2009.

His private practice encompasses the management of pregnancy and labour (including high risk pregnancy) and gynaecological services (including heavy periods, menopause, endometriosis, fibroids, prolapse and incontinence). Dr Stamatiou offers a large range of vaginal and laparoscopic surgical procedures and is able to offer the full gamut of fertility services (IVF included).

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Dr Pauline Joubert

Obstetrician, Gynaecologist
MBChB, AMC, FRANZCOG



Dr Joubert opened her practice at The Wesley Hospital in 2011 after 10 years with Queensland Health, most recently at Redcliffe Hospital.

Dr Joubert graduated in 1998 from the University of Cape Town Medical School and worked in hospitals around Cape Town gaining valuable experience in obstetrics, gynaecology, paediatrics, general medicine and surgery.

In 2001, she moved to Brisbane and after gaining a few more years of general experience in Queensland, Dr Joubert went on to complete her training as a specialist Obstetrician and Gynaecologist with the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

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Dr Namrata Bajra

Obstetrician, Gynaecologist
MBChB, AMC, FRANZCOG



Dr Bajra is a consulting Obstetrician and Gynaecologist at The Wesley Hospital with a particular interest in high risk obstetrics.

After completing her specialist training in 2008, she practiced at Logan Hospital, Rockhampton Base Hospital, Royal Hobart Hospital and the Royal Women's Hospital in Melbourne. Prior to her commencing private practice, Dr Bajra was the Staff Specialist at the Mater Mothers Hospital, Brisbane.

Dr Bajra has extensive experience in advanced gynaecological surgery and her areas of special interest include high risk obstetrics, complex pelvic surgery, laparoscopic surgery and colposcopy.

She is a Fellow of the Royal Australian and New Zealand College of Obstetrics and Gynaecology and also a member of the Australian Medical Association.

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Dr Wai-Lum Yip

Obstetrician, Gynaecologist
MBBS (QLD), FRANZCOG



Dr Wai-Lum Yip commenced practice at The Wesley Hospital in 2011. Her special interest is in high-risk pregnancy, cervical dysplasia and, laparoscopic

and vaginal surgery.

From 2007, Dr Yip was a Staff Specialist at the Royal Brisbane and Women's Hospital (RBWH) and in 2009 was Deputy Director in Gestational Trophoblastic Disease. She has co-authored two publications on gestational trophoblastic disease and has worked with high-risk pregnancies in a multi-disciplinary endocrine/obstetric clinic at the RBWH.

Dr Yip is a member of the Cytology Review Group and has performed laparoscopic workshops (Gynae) at the Royal Brisbane Women's Hospital.

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Directory: Obstetricians and Gynaecologists

Dr Michaela Lee

Obstetrician, Gynaecologist
FRANZCOG, MD (Vie)



Dr Michaela Lee opened her private practice at the Wesley Medical Centre in 2012. In early 2014 she commenced her affiliation with Monash IVF and

offers her patients a wide range of options in advanced fertility medicine.

In the area of obstetrics she has special interests in pregnancies complicated by diabetes, thyroid function disorder, heart conditions, clotting disease, multiple pregnancies and breech presentation. In the area of gynaecology she has special interests in menstrual abnormalities, post menopausal bleeding, management of abnormal PAP smear, early pregnancy complication, fertility counselling and management of incontinence.

Dr Lee completed her medical degree in 1996 at Vienna University, Austria. Prior to starting her training in obstetrics and gynaecology at the University Hospital, Vienna, in 1999, she worked in a well known fertility clinic where she was involved in clinical work and research. She was later appointed to work for Professor Larry Platt as a Research Fellow at the Maternal Fetal Medicine Centre at the Cedar Sinai Medical Centre, USA, where she participated in regular ultrasound clinics for high risk pregnancy, performing nuchal translucency ultrasounds, first trimester screening, and morphology ultrasounds. She also performed research projects in 3D ultrasound.

Following her move to Australia in 2003, she worked for six years at the Royal Brisbane Women's Hospital where she became proficient in managing an extensive range of women's health issues and pregnancy complications. She spent a further 12 months at Redcliffe Hospital where she gained valuable experience in gynaecological surgery.

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Dr Melinda Heywood

Obstetrician, Gynaecologist
BSc, MBBS (Hons), FRANZCOG



After completing her BSc and MBBS (Hons) at The University of Queensland, Dr Melinda Heywood went on to become a Fellow of The Royal Australian

and New Zealand College of Obstetricians and Gynaecologists (RANZCOG). Before joining eXXpectations, a private practice at the Wesley, Melinda worked for Queensland Health for 11 years, most recently at Redcliffe Hospital. Melinda practices general Obstetrics and Gynaecology.

She has a special interest in high risk obstetrics, including multiple pregnancy and VBAC, and aims to support women in their childbirth choices. Her gynaecological special interests include laparoscopic surgery, colposcopy and the management of precancerous cervical lesions, ovarian cysts and heavy menstrual bleeding. Dr Heywood's rooms are on The Wesley Hospital campus and she has theatre sessions at The Wesley once a week.

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Dr Francis Carmody

Obstetric Gynaecological Ultrasound
MBBS (QLD), DRCOG, FRCOG, FRANZCOG,
DDU, DFM (Lon)



Dr Carmody gained his Australian Fellowship in 1989. He spent 1990 at the University of Winnipeg as a visiting fellow with Professor Frank Manning. During

that time, he was exposed tertiary level obstetric and gynaecological ultrasound. Professor Manning taught him the invasive procedures he now conducts – VS, amniocentesis, saline hysterothograms, fetal blood sampling and fetal blood transfusions.

Dr Carmody returned to Australia and set up private practice at the Wesley in August 1991. He also operates rooms at Sunnybank in close co-operation with the Sunnybank Hospital. His practice is restricted to obstetric and gynaecological ultrasound.

He obtained the Diploma in Diagnostic Ultrasound from the Australian Society of Ultrasound in Medicine (ASUM) in 1995. He is an examiner for the DDU for ASUM, on the NATA Inspection Program to validate ultrasound standards in radiology practices, and an examiner for the Nuchal Translucency practical examination.

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Delivering best practice



FAST FACTS

Personalised care

- + One-on-one consultations with a midwife to discuss pregnancy health and hospital stay
- + Lactation consultants within unit and lactation clinic post discharge
- + Educational courses, including antenatal, breast feeding and pregnancy classes
- + Antenatal exercise classes
- + Extras for new mums including photography, pamper packs
- + Delicious, healthy menu
- + Weekend tours of the maternity unit and facilities
- + Home visiting service providing postnatal check, feeding support

"The Wesley Maternity Unit is focused on delivering the best possible care," says Dr Pauline Joubert. eXXpectations, the practice she shares with fellow Obstetrician and Gynaecologist Dr Melinda Heywood, has managed hundreds of pregnancies since opening at the Wesley over four years ago.

"The Wesley has an emergency department, ICU and all the related specialities. This allows continuity of care for our women through all stages of pregnancy and there is vital support for complicated high-risk pregnancies," Dr Joubert says. "I recently had a patient who needed coronary care and she could be monitored safely in the coronary care unit (CCU). She went on to deliver her baby safely. We also have a blood bank on site which is essential and reassuring."

Dr Joubert said the Wesley Maternity Unit has a dedicated theatre and there is access to a further 19 theatres if needed. "We are able to cope with emergency situations for both mothers and babies. Our special care unit is excellent and can support babies in everything except ongoing ventilation, which is rarely needed (they can do CPAP). The Wesley Hospital also has an on-site paediatric ward that provides continuity of care if required. There is excellent paediatric care and support and a paediatric medical officer on call 24/7."

When it comes to caring for mothers and their babies, Dr Joubert says the depth of

experience and facilities at the Wesley are exceptional.

"We have a home visiting service, which women love, even more than we ever expected."

"All the nurses in the Wesley Maternity Unit are trained midwives. I like that we have a large proportion of midwives who are lactation consultants. Thus we are able to help women post-natally in all aspects of their ongoing journey. The Unit runs its own lactation clinic, as well as antenatal education and exercise classes. We have a home visiting service, which women love, even more than we ever expected."

Dr Joubert and Dr Heywood support women's choice to have the type of birth they want such as vaginal delivery, vaginal births after caesarean, external cephalic version



Home visiting car

(ECV) for breech babies or even "natural" caesareans.

"Natural caesarean is where you may have a quiet, darkened respectful atmosphere with slow delivery of the baby and if the baby is well, it is placed onto the mother's chest," she explains. "With all births at the Wesley we try to achieve skin-to-skin contact as soon as possible."

"In our practice we limit our deliveries to about 15 per doctor per month so as to be able to give women a high level of care. By not being too busy we have time to be more involved during the labour and with each antenatal visit, which we love."

Innovation in maternity services



Nicola McGlynn, Clinical Nurse Manager

Forget baby steps, the Wesley Maternity Unit is moving ahead in leaps and bounds

A native of Donegal, Ireland, Nicola McGlynn is a relative newcomer to Brisbane, joining the Wesley in September from the Mater Hospital in North Sydney where she worked for many years as a midwife, educator and most recently in a senior management role.

Already Nicola's leadership, professionalism and energy is a positive driving force for the nursing and midwifery team. "We have one goal in mind – making the Wesley the best maternity unit in Australia!" she says.



"One of the things I noticed when I arrived was the exceptional service the hospital is providing and what an experienced and professional team there is working here. The hospital provides a contemporary maternity service that unifies traditional childbirth with modern technology and practice. We have more than 1500 babies born here each year and pride ourselves on our friendly and welcome approach."

Nicola says the Wesley Maternity Unit focuses on childbirth as a healthy life event. "Having a baby is a wonderful experience. We have a skilled professional team who support women's choice of the birthing options available, from natural to caesarean births. We strive to provide a safe environment to give birth, and if complications occur we are well placed to give excellent care to mother and baby. That continuity of care can extend from IVF through maternity to paediatrics.

"We see the birth as a partnership between the mother to be, her family, the midwives, obstetrician and wide range of other healthcare professionals at the Wesley who are available following the birth. Our patients have access to a multi-disciplinary team that includes paediatricians, physiotherapists, lactation consultants, community midwives, nurse counsellors and hospital chaplains."

Nicola says the Wesley maternity service is bringing in some innovative changes to benefit patients.

"One of our successful initiatives has been the introduction of the Wesley Maternity Home Visiting Service," she says. "All mums living in the Wesley catchment area can receive two complimentary visits from a midwife in the comfort of their own home in

FAST FACTS

Excellent facilities

- + Located in the Wesley's East Wing
- + Private en-suited rooms for all patients
- + Refurbished birthing suites and dedicated theatre
- + 12-bed Level 2 special care nursery for babies from 32 weeks
- + Full support of major tertiary hospital including 19-bed ICU
- + Access to the Wesley's paediatric ward
- + Full-time senior paediatric medical officer on site

the month following the birth of their baby. So far almost every new mother is using the service. It's a really great initiative."

For more information on the Wesley Maternity Unit, please contact Nicola on 07 3232 7472

