The Chair of Surgery at Cabrini Hospital was established in 1998, as a first of its kind in the Victorian private medical sector and one of the first in Australia, and as a joint venture between Cabrini Health and Monash University. Adrian Polglase was appointed as Professor of Surgery and Chairman of the Cabrini Monash University Department of Surgery with the chair being endowed as the Fröhlich West Chair of Surgery in 2004.

A major role of the department has been to pursue surgical research into diseases of the colon, rectum and anus with a particular interest in cancer.

**Head of Department Cabrini**

Professor Adrian Polglase MB BS (Hons), MS, FRACS, FRCS (Eng), FRCS Ed, FACS

The department has been principally responsible for establishing the successful under-graduate and post-graduate surgical teaching programs. As part of Cabrini’s increasing commitment to under-graduate and post-graduate education the positions of Director of Surgical Education and Director of Medical Education have now been established.

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The Department Of Surgery

Report from
Professor Jeffrey V Rosenfeld

Congratulations to Michael Leung for his new appointment as Honorary Clinical Associate Professor and to Don Esmore for his appointment as Honorary Professor.

I spoke to all the new Residents and Registrars at their Induction at the Alfred Hospital on the 2nd February 2009 to encourage them to undertake surgical research projects during their time at the Alfred and also encourage them to think about undertaking a higher degree such as a Master of Surgery (MS) or Doctor of Medicine Degree (MD) by research.

I have had a number of interns come to me already to ask about whether they should do their research before or after they get into the SET program. This is of course will vary according to the individual but it may be preferable to complete a higher degree once they are in surgical training and if they have done some research, given some presentations and published even without a degree this will strengthen their application to enter surgical training.

We are already planning to have a hands-on skills morning for them where they can do some knot tying and try out a laparoscopic trainer to see what their eye-hand coordination is like. Discussion with them on the pathway to a surgical career will be done in conjunction with Professor Julian Smith’s department at the Monash Medical Centre. You are welcome to be involved with these education programs.

With the increasing emphasis on research as a prerequisite for gaining admission to surgical training programs through the SET process there is heightened interest in the appropriate way to acquire research experience. But when should research be undertaken? Should it be as a Medical student through a Bachelor of Medical Science Degree; before surgical training; after admission to the SET program; later in the Surgical Training program or after Surgical Training?

Over a thirty year experience in research in Australia and some years overseas I have seen many trainees trying to integrate the research experience into surgical training. My conclusion is simple: early is easier and more successful, later is more difficult and less successful. Let me give examples. At Monash we have many medical students, (20-30 per year) doing a Bachelor of Medical Science degree which is part of their undergraduate training.
Many of these, perhaps over 30 percent, have an interest in surgery. Generally these students successfully complete their program in a year, obtain a degree (Bachelor of Medical Science), normally publish a paper and make one or more presentations at local, national and even international meetings.

After graduation and before admission into the SET program is a good opportunity to undertake research without the pressure of being in a training program. This option is highly recommended and followed by Dr Peter Chung at the Orthopaedic Research Centre at St Vincent’s Hospital. Dr Chung encourages trainees to do their research prior to entering the SET program. He has a highly structured research program with timelines and deadlines for writing of reviews, completing projects and writing a thesis where appropriate.

After admission to the SET program and prior to the major involvement in surgery is another good time for research. At this stage the trainee has less pressure to acquire technical skills and more time to focus on research, however the RACS does not really facilitate this process. Recently we had a trainee (KL) who did one year of a Master of Surgery Program through the Department of Surgery, was very successful in that year obtained a RACS scholarship for the following year, wrote and published a literature review and began his Master of Surgery thesis. However he was accepted into the training program in general surgery and was told that he must immediately cease research and proceed immediately to clinical training.

He had to relinquish his RACS Scholarship, cease his laboratory work program and go to the country to do a variety of surgical jobs well away from the Alfred. With the greatest of difficulty over the next two years he analysed his data, wrote two papers and submitted his thesis. Other examples have been quoted by the members of the MUDS Executive where the College of Surgeons has made it very difficult for trainees to take time off once admitted to the SET program.

Can Research be done later in a training Program?
This is unusual. Once the trainee has reached senior registrar status, his mentors are keen for him or her to perfect their surgical skills and prepare themselves for the FRACS exams. Few trainees succeed in doing worthwhile research at this stage. After the fellowship, most trainees are looking at going overseas for surgical experience. When they return they then start up their private practice and for personal and financial reasons are unable to take time off to do research.

In conclusion whether a trainee wishes to simply produce research paper or go on to do a Master of Surgery, MD or PhD the difficulty of succeeding increases with increasing years into the surgical training program and the age of the trainee. Early is easier, later is more difficult.

Professor Franklin Rosenfeldt
Editor

Continued from page 1

Monash University Department of Surgery at Cabrini

Post-graduate surgical education continues with the ongoing accreditation of Cabrini Health by the Royal Australasian College of Surgeons for advanced surgical training.

The Alan Ahda Evi Selwyn Family Research Scholarship in Clinical Surgery

The 2008 recipient of this research prize is Dr Kaaren Binns, who was awarded this scholarship for her involvement in the research work of the department.

Sir Edward Hughes Memorial Clinical Research Prize in Surgery

The Sir Edward Hughes Memorial Clinical Research Prize in Surgery in now in its 11th year. Each year the Research Prize seems to gain more momentum and strength. The Sir Edward Hughes Memorial Clinical Research Prize in Surgery is held annually in October. Surgical trainees who have entered, or intend entering an accredited surgical training program in Australasia, are invited to submit a research project abstract for consideration. From these submissions, 10 finalists are selected to present on the day to the panel of adjudicators. The winner is presented with a commemorative plaque and from the sponsor of the prize Johnson & Johnson Medical a $6,000 cheque.
Monash University
Department of Surgery Cabrini Staff

Professor Adrian Polglase
MBBS (Hons), MS, FRACS, FRCSEd (Eng), FRCS Ed, FACS
Head of Department
Colorectal Surgeon

Mr Stephen Bell
MBBS, FRACS
Senior Lecturer
Colorectal Surgeon

Mr Roger Berry
MBBS, FRACS
Senior Lecturer
Upper GI Hepatobiliary, General Surgeon.

Mr Peter Carne
MBBS, FRACS
Senior Lecturer
Colorectal Surgeon

Mr Martin CK Chin
MBBS, FRACS
Honorary Lecturer
Colorectal Surgeon

Mr Chip Farmer
MBBS (Hons), FRACS
Senior Lecturer,
Director of Surgical Education
Colorectal Surgeon

Mr Paul McMurrick
MBBS (Hons), FRACS
Senior Lecturer,
Director of Surgical Education
Colorectal Surgeon

Mr Andrew Smith
MB BS, FRACS
Senior Lecturer
Upper Gastro-intestinal specialist general surgeon,

Mr Roger Wale
MBBS, FRACS
Senior Lecturer
Colorectal and General Surgeon

A/Professor

Simon Woods
MBBS, FRACS, FCSHK
Honorary Clinical Associate Professor
Medical Director Cabrini Health. Upper GI General Surgeon.

Honorary Research Fellow

Dr Kaaren Binns
Honorary Clinical Teacher (2008, 2009)

Basic Surgical Trainees

Dr Sheryn Cheah
Colorectal Pre SET (2009)

Dr Elaine Liew
Upper GI SET I (2009)

Manager Surgical Research and Projects

Jane McCasker
Clinical Assistant Research Nurse

Dawn Murphy

Helen White (maternity Leave)

Clinical Research

Colorectal Cancer Database

The Monash University Collaborative Bowel Cancer Data-Base Program is almost complete. This will be a multi centre data collaboration involving Cabrini Health, The Alfred Hospital, Monash Medical Centre, Dandenong Hospital, Box Hill Hospital and Frankston Hospital. This unique, browser data-based colorectal data collection will underpin major collaborative research between the three Monash University teaching hospitals for many years to come.

Cabrini- “A Bowel Cancer Free Zone” Intention to screen for bowel cancer among hospital employees

This study investigated the reasons why employees of Cabrini Health are interested/not interested in screening for bowel cancer. An initial survey found that employees knew a lot about bowel cancer but they were not confident in the ability of the Faecal Occult Blood test to detect cancer. Following information sessions, 150 test kits were given out to staff and 123 have been completed and returned for processing so far. This study has show that bowel cancer screening can be successful in the work place.
Clinical Research

**Randomised comparisons of protocols of equipment management and cleaning for rigid Sigmoidoscopy**

There are currently no adequate guidelines for ensuring the cleanliness and safety of reusable sigmoidoscopy equipment. Our department has instituted a prospective trial comparing outcome and safety with the use of different clinical techniques for reusable elements of sigmoidoscopy and disposable versus reusable air insufflators as well as the use of commercial air filters. This research project is now complete and the manuscript has been submitted for publication.

**Optiscan Pilot Study**

Our ongoing relationship with Optiscan to assess the emerging confocal technology where the mucosa of the gastrointestinal can be examined in vivo at 1000x magnification continues. The project is currently focusing on the large bowel but in addition application of the technology to early diagnosis of oesophageal cancers is being investigated. The Multicentre trial on the use of mesh to augment hiatal repair is an ongoing prospective collaboration between Cabrini Health and Flinders University/Royal Adelaide hospital comparing suture repair alone of large hiatus hernias, with repairs that compare sutures coupled with either absorbable mesh or non-absorbable mesh.

**Management of Anal Fissures**

A retrospective comparison of lateral sphincterotomy Vs botulinum toxin injection treatment for chronic anal fissures. This study will be the largest of its type to date.

**Mechanisms of metastases in Colorectal Cancer.**

This is collaborative research between Cabrini Monash University Department of Surgery and the Ludwig Institute for Cancer Research. Dr Lara Lipton is co supervising the project, which correlates the genetic make up of secondary tumours with their susceptibility to chemotherapy treatment.

Awards and Prizes

**D3 Rosengarten Surgical Trainee Research Prize 2008 Presentations.**

This annual event took place on Saturday 6th December, 2008. We have been fortunate to obtain sponsorship from Johnson & Johnson Medical for a prize of $1,000 for the winning project. This year the external adjudicator was Professor Stephen Chan, Western Hospital.

Pictured above : Dr Edwina Moore, External adjudicator Professor Stephen Chan and Dr Tony Goldschlager.

Dr Edwina Moore, Mr Andrew Rosengarten representing Mrs Candice Rosengarten, and Dr Tony Goldschlager.

The award was shared by Dr Tony Goldschlager and Dr Edwina Moore the runner-up being Dr Kareem Marwan.
Rosengarten Surgical Trainee Research Award

A blast from the past: the man behind the Award

David Rosengarten
MBBS (Melb) FRACS
Former Chairman of Surgery and Clinical Support
Head of Vascular Unit
Alfred Hospital
Died Hawaii February 20, 1994
Aged 56

Born on October 27, 1937 to Bunny and Sylvia Rosengarten, Sam, as he became known, was educated at Grimwade House before moving to Melbourne Grammar Senior School. He matriculated in 1955 with first class honors in physics, chemistry, pure mathematics and applied mathematics and was dux of the school.

Apart from his academic excellence his energy and enthusiasm for extracurricular activities were focused on football and cricket.

He proceeded to Melbourne University with scholarships from the state and commonwealth and a scholarship to trinity college where he became a resident. Once again in addition to his medical studies, he found time for many other activities including a stint as a goalie for one of Melbourne’s ice hockey teams.

Two years of residency at the Alfred Hospital in 1962-63 were followed by a year as demonstrator in the Department of Anatomy at Melbourne University, where he obtained his primary Australasian Fellowship. His two years’ registrar posts at the repatriation General Hospital and the Alfred saw him obtain his Australasian Fellowship.

He then traveled overseas for future experience. For three years he was based at the Royal Post-graduate Medical School Hospital at Hammersmith after spending three months on the Alfred Hospital Australasian Civil Surgical Team at Ben Hoa in Vietnam.

He returned to the Alfred Hospital as an Assistant General Surgeon and as a Lecturer to the Department of Surgery at Monash University. With typical energy he threw himself into the clinical and academic areas and into undergraduate and post-graduate teaching.

Sam was closely involved in the formation of the Alfred Hospital Vascular unit in 1974, probably the first such specialized unit in Australia. He was appointed its Head in 1989, a position he held until his untimely death on February 20, 1994.

His involvement in Alfred Hospital has been legend. He was concurrently Chairman of the Audit Sub-committee of the division of Surgery, member of the Operating Theatre Executive, member of the VRGM Implementation Committee, member of the Management Executive Committee, member of the Patient Care Review Committee, and member of the Ambulatory Services Management Group.

He previously held positions as member of the Alfred Hospital Ethics Committee, member of the Alfred Hospital Clinical Review Sub-committee, member of the Alfred Hospital Medical Records Sub-committee and membership of the Alfred Hospital Pharmaceutical and Therapeutics Advisory Committee.

He was supervisor of the Surgical Training at the Alfred Hospital, a member of the board of examiners of Primary Examination for the Australasian College of Surgeons, member of the Regional Training Sub-committee of the RACS and Secretary/Treasurer of the Australian and New Zealand Chapter of the International Society of Cardiovascular Surgery. Space does not permit me to list his membership and involvement in many other professional bodies.

Although it hardly seems possible, in addition he also became an enthusiastic and hard working member of the Rotary: Joining the Toorak branch in 1981, serving on its board from 1984-86, and becoming President in 1985.

So much more could be written about this remarkable man. His great intelligence, enormous enthusiasm, deep compassion, loyalty and above all commitment to his professional and the community have been rarely matched.
Professor Esmore was appointed as the Director of Heart/Lung Transplant Programme at Alfred in March 1989. His current appointments are the Director of C.J. Officer Brown Cardiothoracic Surgical Unit and Director of the Artificial Heart Programme and the principal international investigator for the Ventrassist left ventricular assist device.

Professor Esmore has had a rewarding and fruitful career. He has a regular commitment to the Undergraduate Teaching Programs for both medicine, and nursing as well as to trainee cardiothoracic surgeons. His professional highlights include the establishment of the combined Heart/Lung Transplant Programme at the Alfred Hospital, Melbourne and being instrumental in the establishment of the international clinical trials of the Australian-designed and built artificial heart the Ventrassist left ventricular assist device, used for the treatment of patients with end-stage heart failure. He has lectured and published extensively on clinical heart and lung transplantation and surgical techniques and the use of Mechanical Circulatory Support Devices for the treatment of heart failure.

In 2002 he was awarded an Order of Australia and in 2003 the Prime Minister’s Centenary Medal both for his contributions to cardiothoracic surgery, transplantation and mechanical circulatory support.

Did you know that an adult human heart beats over 100,000 times a day?
In January, 2009 Mr Michael Leung was appointed as a Honorary Clinical Associate Professor in the Department of Surgery. Michael graduated MBBS from the University of Melbourne gaining several honors during his course. He spent 1979 as an intern and 1980 as a JRMO at St Vincent’s Hospital before returning to the Anatomy School in 1981 as a Senior Prosector and completing Part 1 FRACS the same year. He returned to St Vincent’s Hospital in 1982 as surgical trainee. He was accepted into the Plastic Surgery Training Program in 1984, and continued his training at the Victorian Plastic Surgery Unit, Peter MacCallum Hospital, Royal Children’s Hospital and New Zealand’s Hutt Hospital in Wellington. He returned to St Vincent’s Hospital in 1987 and completed the FRACS in Plastic Surgery. Michael was awarded a Plastic Surgery Fellowship in 1988 to Singapore General Hospital and also to the Kantonosphital Aarua, Switzerland. He returned to Melbourne in 1989 and was appointed plastic surgeon at Bayside Health and Southern Healthcare Network. Michael has been a plastic surgeon at The Alfred Hospital since 1989 and in 2002 Michael was appointed Head of the Plastic Surgery Unit.

Michael’s many professional achievements include appointment to the Court of Examiners for Plastic & Reconstructive Surgery since 2004 and as a Senior Examiner from May 2009. He acted as the Convener for the Plastic Surgery Section in the ASC 2004, and was the Scientific Convener for the ASC 2008 in Hong Kong. Michael is also a member of the Surgical Committee of Interplast Australia and undertakes regular trips to perform and teach Plastic Surgery in developing countries.

Michael has been an Honorary Senior Lecturer in the Department of Surgery, Alfred Hospital since 2007 and is involved in a wide range of teaching and training programs for medical students, junior medical staff and allied health professionals, including hands on training sessions, various lectures and presentations.

His ongoing research activities include the CATNAP Study Calcitonin & anti-neuroleptic trial for Neuroma Amputee patients, and a study investigating perioperative anticoagulation therapy in minor skin surgery. The Plastic Surgery Unit, in conjunction with the Victorian Melanoma Service, is participating in the MSLT II Trial, a multi-centre trial to study the effect of sentinel node biopsy in the management of malignant melanoma. The Unit is also a participating unit in the Innovative Approach to design a new Osseointegrated implant for Transfemoral Amputees with better resistance to implant fractures.

Did you know ? That the Human Brain Is Too Efficient

Aoccdncieg to a rscheearch at Cmabrigde Uinervtisy, it deosn’t mttaer in waht ordr the ltteers in a wrod are witren, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a toatl mses and you can stll raed it wouthit a porbelm. Tlhs is bcuseae the huamn mnid deos not raed ervey ltiter by irst, bu the wrod as a wlohe.
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14 Catroppa C, Anderson VA, Morse SA, Haritou F, Rosenfeld JV.

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Management and hospital outcome of the severely head injured elderly patient.


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Phase shift and correlation coefficient measurement of cerebral auto regulation during deep breathing In Traumatic Brain Injury (TBI). ACTA Neurochirur (Wien) 150:139-146; discussion 146-147, 2008.


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| 29  | Gregory M. Malham & Helen M. Ackland & Rachel Jones & Owen D. Williamson & Dinesh K. Varma Occipital condyle fractures: incidence and clinical follow-up at a level 1 trauma centre |
| 30  | Florentius Koech, MB ChB, MMed (GSurgery), Helen M. Ackland, MHSc,†‡ Dinesh K. Varma, Owen D. Williamson, MBBS, GradDipClinEpi, FRACS, FAOrthA,‡ and Gregory M. Malham, BSc, MB ChB, FRACS Nonoperative Management of Type II Odontoid Fractures in the Elderly |
We are on the Web http://www.med.monash.edu.au/surgery/alfred/

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Rosenfeld JV.
Neurosurgical injuries related to terror.
In: Essentials of terror medicine.
Editors: Shapira S, Hammond J, Cole LA.