



Anglesea Clinic Orthopaedics



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Issue 2

What do we offer at Anglesea Clinic Orthopaedics that makes us different?

At ACO we strive to offer convenience, a rapid response to both patients & health professionals, approachability & a no-nonsense attitude towards diagnosis & treatment.

www.aco.org.nz

Our website offers both patients & health care professionals a resource to educate, reinforce information & provide a convenient place to find current updates, rehabilitation guidelines & practice details. This is also a convenient way to contact us.

Super Gold Card Holders Discounts

We have recently negotiated with the Super Gold Card Scheme to offer members generous discounts on both in-patient and outpatient care for those card holders who do not have access to ACC or Private Medical Insurance

cover



Southern Cross Affiliated Provider Scheme

At Anglesea Clinic Orthopaedics, we believe that for those with medical insurance, the path to obtaining cover should be both as painless & seamless as possible.

Over 2 years ago we signed up to the Affiliated Provider Scheme, which allows patients to forget about having to obtain prior approval for or dealing with endless bills after joint replacement surgery



How do you get hold of us?

To refer patients, on-line, email, Healthlink, faxed, posted or Pathlab options are available.

1. To refer on-line, go to www.aco.org.nz & use the "Contact Us" section to refer your patients. Patients can also self-refer before seeing their healthcare provider here.
2. Emailed referrals to reception@aco.org.nz
3. Healthlink to angcorth
4. Fax to 079576093
5. Post to PO Box 11084, Hillcrest, Hamilton 3251
6. Drop the referral into the Pathlab box & it'll get to us

Alternatively call us on 079576094 if it's URGENT.

I will try to see all URGENT appointments on the following Wednesday's fracture/plaster clinic. Please remember that this is for URGENT cases only

Referral should include as much accurate & current information as possible. A minimum standard would be; **Name, contact address, telephone & mobile number, DoB, NHI, Relevant co-morbidities, imaging undertaken so far & ACC details** (previous claims relevant to this claim would be appreciated).

I will triage ALL referral as soon as I get them & request any imaging I think is appropriate BEFORE I see the patient to minimise appointments & delays.

Interested in observing clinics or surgery to maintain skills or updates for CPD?

Contact my rooms for a chat

Lower limb joint replacement
Hip replacement
Knee replacement
Ankle replacement

Knee & ankle arthroscopy
Sports & elective keyhole surgery

Knee & ankle ligament reconstruction
ACL reconstruction
Patellar stabilization
Ankle ligament reconstruction
Revision ligament reconstruction

Elective foot & ankle surgery
Tendon injuries & their sequelae
Arthritis surgery
Realignment procedures
Stabilization procedures
Bunion surgery
Lesser toe operations
Achilles tendon surgery

Recent updates

KNEE REPLACEMENT REVIEWS

As a service to our patients & especially after the recent problems with hip replacement failures, we have started a rolling review of all our knee replacement patients.

We will recall ALL contactable patients for reviews at 2, 5 & 10 years. They will be required to attend a clinic in Hamilton run by our Practice Nurse, Anni, who will go through 3 non-arduous questionnaires over a 30 minutes session, measure their function & review (or get me to!!) their X rays. Clinics are generally held on a Tuesday. They are free to all patients as a service we offer to ensure the quality of the care provided & to minimise the risks of undiagnosed (or silent) problems arising.

Any issues which crop up are flagged to me & all cases are discussed. The results of the screening assessments may be used as part of ongoing prospective or retrospective audit reviews & research

VITAMIN D DEFICIENCY

In a country which is often perceived as “plagued” by rarified ozone & high UV levels, why should Vitamin D deficiency be an issue? It seems that in our desire to prevent skin cancers & prematurely ageing skin, we are overdoing it a bit! Slip’ slop, slap & wrap with a modern trend to spend more time indoors for entertainment also translates into reduced UV exposure which is essential to produce enough Vitamin D for normal healthy function.

A deficiency is not only responsible for rickets in children (making a return & increasing) & osteoporosis in adults but is implicated in poor sports function through muscle problems, certain tumours, childhood asthma, cognitive impairment in adults, type 1 & 2 diabetes, hypertension

& other cardiovascular disease. I’m a sceptic by nature, but a lot of this makes good sense after reading around the subject.

Lateral Ankle Sprains

Not all “sprains” are created equally!

Some are ligamentous & require little more than RICE management with appropriate analgesia. Some will result in recurrent or persistent instability requiring specialist investigation & operative treatment. Some will result in fractures; either bony or osteochondral intra-articular fractures which can if left untreated progress fairly rapidly towards an arthritic process. Other injuries include tendon tears or instability which should always be remembered if an otherwise simple sprain fails to settle. Finally, syndesmotic or “high” ankle sprains can be a real nuisance & may result in prolonged recovery & a failure to settle.

Sprains will almost always be accompanied by some proprioceptive (or “neurological”) instability which can mimic ligamentous laxity & present in the same way with persistent trivial giving way symptoms. This does NOT require surgery but dedicated and focused rehabilitation with a Physiotherapist.

Post injury immobilisation should be kept to a minimum & patients encouraged to mobilise the joint as soon as possible with increasing weight bearing assuming no fractures. This will reduce the swelling more rapidly & minimise muscle atrophy so shortening the recovery



Where are we & when are we there?

We run clinics in Hamilton from The Anglesea Clinic Complex.

Out patient clinics are held on Mondays (2 out of 4 weeks) & Fridays

Acute clinics are held on a Wednesday morning at the Emergency Department of the Anglesea Clinic from 9am until 11.30am – see below

Outreach clinics are held in Matamata & Tokoroa on alternating Thursdays

Matamata – Pohlen Hospital outpatients area from 10 am until 4pm

Tokoroa – Swanston Street Clinic (Knight & Gadsden) from 10am until 4pm

Surgery is undertaken at the Southern Cross Hospital, Von Tempsky Street in Hamilton East every Tuesday & 2 out of 4 Mondays

Opening hours

*Monday, Tuesday,
Thursday & Friday
9am – 5pm*

*Wednesday
9am -12pm*

Contact details

Email: reception@aco.org.nz

Website: www.aco.org.nz

Telephone: 079576094

Fax: 079576093

Anglesea Clinic **ORTHOPAEDICS**

- *We run an acute clinic on a Wednesday morning for recent injuries & acute referrals. This clinic runs very differently to my usual out patient clinics:*
- *The ED charges a surcharge to be seen, whether ACC or not*
- *I review post op patients here who have casts on*
- *Clinic turnover means the chance for “long” discussions & consultations is not possible*
- *Investigation, splintage & management decisions and referrals are made*
- *Appointments are made by contacting the ED directly or through my rooms & booking in a slot for the patient at the next available time*
- *It is NOT for seeing patients with long-standing problems that need more time & investigation*