



# NEWSLETTER

Volume 15: December 2009

## A Word from the President:

The volunteer effort continues! Since last communicating in July, there have been 5 surgical team trips to the region. In August **Colin Whitewood** led an orthopaedics team to Cancar Flores. General surgeons **Brian Miller** and **Bob Sillar** led teams to Larantuka (Flores) and Halilulik (West Timor) respectively in late September. In October **Mark Moore** headed a plastics team to East Timor and in November to Lela in Flores.

The strength of the surgical teams continues to grow with new volunteers. I specifically welcome Mary Brooker, Paula Karra and Rachelle Quiggin who were on their first visits over the last 6 months.

*Changes.* We welcome new Secretary Ros Sells and anaesthetist Andy Beinssen to the management committee. On behalf of all members thanks are extended to retiring secretary Lea Frick for her great support and to Ruth Boveington. Ruth who is taking a break has been a major contributor to the success of OSSAA since the very beginning with her interpreting, coordinating and negotiating skills – she has racked up an amazing 50 clinical trips.

September was entertaining and financially successful! Highlights included the luncheon at the Glenelg Golf Club in September with guest speaker David Sainsbury, Head of Paediatric Anaesthesia, Adelaide Women's and Children's Hospital, ably

assisted by his nurse and photographer wife Helen Roberts. The Lions Club of Edwardstown held a film evening showing 'Mao's Last Dancer' at the Chelsea Cinema. Helen Roberts again produced a superb OSSAA calendar

Heartfelt thanks and all the very best for 2010.

## Stephen Baker

### Timor Leste (East Timor)

The trip from 17-24 October and funded by RACS comprised plastic surgeons Dr Mark Moore and Dr Yugesh Caplash, anaesthetists Dr Pat Moran and Dr Andy Beinssen, theatre nurses Marg Maloney and Liz Mazzei and local interpreters. Mark operated at Dili National Hospital and Yugesh at Bacau Hospital. Overall there were 109 consultations and 61 surgical procedures, 37 of which were cleft lip and palate. Mark continued with the training of Dr Joao who has now completed 12 cleft procedures under supervision. Both Yugesh and Mark were welcomed warmly and enjoyed their time.

### Nusa Tenggara Timur (West Timor)

Dr Bob Sillar's team visited Halilulik in West Timor Sept 26 – Oct 3<sup>rd</sup> at the request of the Director of the Rumah Sakit Marianum, Sr Helma SSps during the plastic surgical visit in June earlier this year. It was the second visit to the hospital by Dr Sillar and theatre nurse Kerrie Nicholls and the first visit for anaesthetist Dr Allysan

Armstrong-Brown; Ruth Boveington provided the interpreter and coordinator services.

The team travelled via Dili to Halilulik. The full week of consultations and surgical procedures focused mainly on Inguino-scrotal pathology (majority hernia repair). There were 110 consultations and 53 surgical procedures. The hospital's new theatre was operational, however a temperamental airconditioner made operating conditions uncomfortable. The theatre is quite small and not adequate for major internal surgery.

A second theatre is awaiting fit out and this will be ideal for supervised procedures performed by local doctors. Training is an important component of OSSAA visits. Two resident doctors at the hospital assisted operatively and post operatively and they were joined by 2 doctors from the Atambua Region. Sr Helma is very experienced and supervised the ward staff and Kerrie Nicholls provided supervision and training to the theatre nurses. It would be useful on the next visit to include a recovery nurse with the team to teach those skills. Because the local doctors were primarily interested in surgery, little anaesthetic training was done by Dr Armstrong-Brown. Sr Helma requested 2 visits a year from the general surgical team due to the high volume of inguino-scrotal pathology in the region. Team photo overpage.



The Halilulik surgical team

## Flores

### Larantuka

Dr Brian Miller's team visited Larantuka from Sept 25 – Oct 05 and this was the first OSSAA visit to this location by a General Surgical Team. Brian Miller had worked in the hospital 2 years previously through the RACS / Antara project and was pleased to renew relations with the staff.

The team was driven 4 hours from Maumere to Larantuka. Day 1 Sunday was busy with consultations and ward visits in preparation for a full theatre list on the Monday. Anaesthetist Dr Mary Brooker was on her first OSSAA trip and provided excellent support to Dr Miller and in-country clinician Dr Harianto as well as teaching the local anaesthetic staff. 5-6 local doctors provided support on the wards and Dr Michael and Dr Ester assisted in surgical procedures with Dr Miller and Dr Harianto. There were large numbers of goiters, head & neck lesions and large hernias. The team had a 17 year old female with a 26 kg ovarian cyst. There were also 2 above knee amputations and a breast cancer removal. In total there were 238 consultations and 48 surgical procedures in the 5 days. Cath Coombe provided the nursing expertise and ran a very efficient and humour filled theatre and Dr Yose again co-ordinate the week and provided the interpreting services. 2 years ago Dr Miller began a study in NTT into the effects of Lipiodol on reducing Goitre size. During this visit another 4

patients were enrolled in the study bringing the total to 52; future visits will include the recall of these patients to determine the effectiveness of the treatment.

Before leaving on Friday, the Bupati expressed considerable enthusiasm about the visit and extended an invitation for further visits. Dr Miller is keen to return.



The Larantuka surgical team

### Cancar

From 1-7 August, an orthopaedic team led by Dr Colin Whitewood and including anaesthetist Dr Jerome Wisniewski, leprosy specialist Dr Harianto Hendrikus, theatre nurse Paula Karra, medical student Laura Wisniewski, coordinator/interpreter Ruth Boveington and physiotherapist Rachelle Quiggin visited Cancar.

The team undertook 84 consultations and did 30 surgical procedures at St Damian and St Rafael.

Highlights included the continued enthusiastic support by hospital administrators and staff and the ability to review the progress of previous operations. The new anaesthetic machine was "blissful".



Bilateral talipes fracture fixed

### Lela

From 7-15 November, plastics surgeon Dr Mark Moore with anaesthetist Dr Phil Blum, theatre nurse Penny Craig and coordinator Dr Harianto travelled to and operated in Lela, Flores. This was the first OSSAA trip to the 100 bed hospital which lived up to its reputation as one of the finest in Eastern Indonesia. The hospital was remarkably well prepared in that the 30 consultations resulted in 30 surgical procedures (29 of which were cleft and palate). The team met a recently retired Philippine nun Sister Concita Cruz who had worked at and been on call 24 hours every day for the past 35 years.....now that is outstanding dedication!



Watchful eye over Lela Hospital



Mark receiving instructions

### Next Visits

Plans are yet to be finalised for the first 6 months of 2010.

Between March and June (inclusive) there have been indications/interest in;

. a plastics reconstructive team led by Mark Moore to East Timor

. A plastic reconstructive team led by Rob Coren to Cancar

. An ENT team led by Suren Krishnan to Cancar

. An orthopaedic team led by Colin Whitewood to Naob

. A plastic reconstructive team led by Mark Moore to Halilulik

. A general surgery team led by Bob Sillar to Halilulik

Other than RACS sponsored trips, all proposed team visits require a proposal being submitted (in a prescribed format) to the management committee for approval, 4 months in advance of the trip.

### Acknowledgments

As always we thank the hospitals, service clubs and medical supply companies in Australia for their ongoing support of the teams.

To RACS for their support of Timor Leste and our teams.

To our Indonesian friends and counterparts including the Indonesian Embassy in Darwin.

To the air and ground transport companies for their assistance.

A special thanks to Lesley Brown of Harvey World Travel for her expertise and to Pak Hendrik Tawur in Bali for his.

None of these missions would occur without the support of our surgeons, anaesthetists, nurses and local counterparts.

To all our raffle prize donors.

Finally, to you our members who make OSSAA what it is.

THANK YOU ALL

### Coming Events/Fundraising

It has been the practice to hold a film evening during the first part of the year at the Chelsea Cinema. Other options will be pursued if the Chelsea is forced to close.

### Personnel Profile

#### DOUG OMOND OAM



Doug Omond is a Vice President of OSSAA. He has taken on the fundraising activities with enthusiasm and panache. His successful organisation of the Luncheons and Film Evenings has provided crucial funds for the team visits.

His organisational talents have undoubtedly been influenced by his 33 years as a Master Builder. They have been further honed with his long involvement in the community as Captain of Glenelg Golf Club, his membership of Lions Clubs International for 47 years and his Edwardstown Club. He was District Governor of District 201 N which covered two thirds of South Australia and the Northern Territory in 1975/76.

In 1986 he was responsible for the Sesquicentenary Youth Exchange between South Australia, Texas and Arkansas when over 170 students were involved.

He has an amazing network of friends and acquaintances. His community contribution was recognised in the Queens' Birthday Honours list in 1984 with a Medal in the Order of Australia.

The energy he has brought to the Committee and the cash in the bank are testimony to his relentless efforts. His wife Terry, a Registered Nurse, is also a member of OSSAA and a great supporter of Doug in all his fundraising activities.

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### Congratulations

To new parents Dr Brian and Rosemary Miller



Another successful operation

For further viewing of Lohtse (above) and Scottie's litter  
<http://www.millersurgicaldesigns.com/bullmastiffs.htm>

# Photographic Gallery

## TIMOR LESTE

### PLASTICS



A golden moment – Quentin and Quentin (see last newsletter)

## CANCAR FLORES

### ORTHOPAEDICS



The problem – right humeral non-union



The analysis



The outcome – 3 months later

## LARANTUKA FLORES

### GENERAL SURGERY



A very weighty ovarian cyst



Brilliant relief!

## LELA FLORES

### PLASTICS



The cleft



A neat job



Local excellence with a smile



I can now use both hands



Paradise