

Medical matters

The Ramsay Health Care - Coffs Harbour Newsletter



Baringa Private
Hospital

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Coffs Harbour Day
Surgical Centre

02 6652 1600

Baringa
Rehabilitation

02 6658 0322

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RAMSAY HEALTH CARE

COFFS HARBOUR

Ramsay Health Care – Coffs Harbour welcomes...

Dr Ellis Choy | Plastic & Reconstructive Surgeon

Coffs Harbour Day Surgical Centre

Coming to Coffs Harbour, February 2011.



Dr. Choy is a fully qualified, Australian trained, Specialist Plastic & Cosmetic Surgeon. His professional memberships include:

- Fellow of the Royal Australasian College of Surgeons in Plastic & Reconstructive Surgery - FRACS(Plast)
- Fellow of the Royal Australasian College of Surgeons in General Surgery - FRACS(Gen Surg)
- Member of the Australian Society of Plastic Surgeons (ASPS)
- Member of the Australasian Society of Aesthetic Plastic Surgery (ASAPS)
- Member of the Australian Medical Association (AMA).

Ellis graduated from the University of Sydney in 1997 and then pursued postgraduate studies in General Surgery at the Royal Prince Alfred Hospital in Sydney gaining his first fellowship with the Royal Australasian College of Surgeons (FRACS) in 2004. That same year he completed subspecialty training by attaining fellowships in both breast surgery (at the Sydney Breast Cancer Institute) and surgical oncology (at the Sydney Melanoma Unit, now Melanoma Institute Australia). He was also selected in the same year for advanced surgical training in Plastic & Reconstructive Surgery in Australia as well as being awarded the National Breast Cancer Foundation scholarship for completing his Master of Surgery thesis on patient preferences in multidisciplinary breast care in 2005.

After completing his Plastic Surgery training in Sydney with a predominant focus in Breast Reconstructive Surgery, Ellis obtained his second FRACS in Plastic Surgery in 2010. That same year, he also attained further subspecialty fellowship experience in both reconstructive & cosmetic surgery in the breast & the face. He completed the Plastic Surgery Fellowship at the Queen Elizabeth Hospital in Adelaide with a focus on both reconstructive & cosmetic breast plastic surgery & related body contouring works. This was then followed by his Aesthetic Facial Plastic Surgery Fellowship in Sydney under the Australasian Society of Aesthetic Plastic Surgery, specializing in both surgical & non-surgical cosmetic facial procedures.

Ellis is a fully trained & qualified dual diplomat from both Breast & Plastic Surgery. While his clinical practice encompasses Plastic & Cosmetic surgery of the face, breast, body & skin, Ellis hopes to provide a specialized plastic & cosmetic surgery service to the Coffs coast region with the main focus in reconstructive & cosmetic breast surgery. Ellis looks forward to meeting and working with the GPs and the specialists in the area in the years ahead.

Dr Ellis Choy will be consulting out of Dr Achuthan Warriar's Surgery at 102 Bray Street, Coffs Harbour. Ph: 6651 8787

A GP Education Evening will be held in March to meet with Dr Choy.

Rehabilitation Pain Programme

The Baringa Pain Management Pilot Programme was very successful. Baringa is now running it's second Pain Programme.

A Neuro Pain programme has commenced, this is an extension of the Rehabilitation Programme

Dr's Jenny Jin & Karen Chia, Rehabilitation Physicians run these programmes with a Rehabilitation Team

Program Aims

- Increase capacity to manage injury
- Increase personal fitness
- Increased function in activities of daily living
- The development of effective self-management skills for pain and distress
- Increase knowledge of the need for their active role in management of pain response
- Reduced reliance on medication
- Promote return to work goals through rehabilitation plan
- Cessation/reduce reliance of passive treatments and aids

Sessions

The program sessions cover a comprehensive range of topics related to the management of pain. Sessions include:

- The physiology of chronic pain and the chronic pain cycle
- Pain desensitisation and flare-up management
- Anatomy, posture and sleep management
- Psychological management strategies
- Nutritional advice

Who Can Benefit

The program is aimed at people with chronic pain (persistent pain lasting longer than 3 months), who:

- Have not responded to evidence-based medical or surgical treatments;
- Have not progressed in rehabilitation due to pain;
- Have become reliant upon medication to cope with pain;
- Have become distressed due to their pain, with impact upon their ability to function in their workplace, home, community or are unable to perform work tasks or seek employment.

Duration

The Baringa Pain Management Programme is an intensive three (3) week program run 9.00am to 3.15pm, Monday to Friday. (Monday to Thursday lunch on the third week)



Christmas Message from the CEO

I would like to thank all of our doctors for a successful year at Baringa, Coffs Harbour Day Surgery and Baringa Rehabilitation. We are pleased with our progress in 2010 across all services and departments. Our staff have made us proud producing great patient satisfaction results and progressing services with business expansion.

We are excited about our plans for 2011 which include our new day surgery and a plan to provide inpatient psychiatric services. We are expecting to credential several new specialists in 2011 and we will introduce them to you as they arrive.

May I also thank our Medical Advisory Committee and our Patient Review Committee. They have assisted us greatly in the last year.

I wish you and yours a very Happy Christmas and a healthy, happy and prosperous New Year.

Elizabeth

