



insideINTERPLAST

Repairing Bodies.
Rebuilding Lives

October 2009

99 teams to Fiji — you can make it 100!

Interplast delivered its first program to Fiji in 1983, the same year it was established. Since that time Interplast volunteers have conducted nearly 8,000 consultations and performed nearly 4,500 life changing operations on indigent Fijians who would otherwise not have been able to receive or afford treatment. Thanks to people who donate to Interplast, 4,500 Fijians were given a brighter future and are now living without a disability.

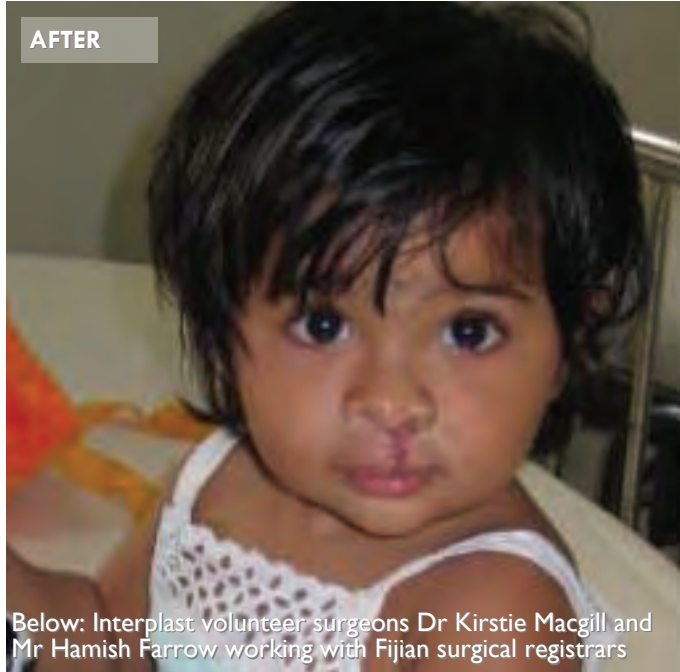
Thanks to people who donate to Interplast, people like you, 4,500 Fijians are living without a disability

In August 2009, an Interplast team of surgeons, anaesthetists and nurses volunteered at the Lautoka General Hospital. Together they conducted over 80 consultations and performed 55 operations. Two formal lectures were delivered to medical teams, and many 'one on one' discussions were held with the registrars on reconstructive surgery.

Two registrars from Suva worked with the team during the program — observing, assisting and when ready, performing the operations under the tutelage of the skilled and fully qualified Interplast volunteer surgeons. Thank you to the Rotary Club of Wandin and the many people in the local community that generously made this program possible.

On October 25, Interplast sent its 99th team to Fiji to provide free surgical treatment to those Fijians who need it most, and also provide specialised medical training to add to the skills of the local medical practitioners.

We have not yet secured funding for another program to Fiji and to continue to help patients like the little girl pictured below we urgently need donations.



Below: Interplast volunteer surgeons Dr Kirstie Macgill and Mr Hamish Farrow working with Fijian surgical registrars



Interplast Australia & New Zealand is a project actively supported by Rotarians in Clubs and Districts throughout Australia and New Zealand.



What will you give for Christmas?

Since June Interplast volunteers have conducted programs in Samoa, Vanuatu, Vietnam, Fiji, Indonesia, and the Phillippines. A visit to Bangladesh was undertaken to plan an integrated long term development program, more news on this exciting initiative to follow next year. Funding from the Colonial Foundation has allowed us to add a Hand Surgery Surgical Instructional DVD to our education series. This is the third in a range of surgical educational DVDs that

are sent with every volunteer team and when requested to

other developing countries around the world.

For the remainder of the year more programs are planned for Baguio City in the Philippines, Colombo in Sri Lanka and a Rangoon in Burma (Myanmar). Tim Alchin, sonographer, leaves Australia for a year to develop ultrasound services and training in the Pacific. We welcome Dr Kiran Nakarmi and Mr Mohan Dangol from the Kathmandu Model Hospital in Nepal who are in Melbourne to attend a paediatric plastic and reconstructive surgery conference and spend time with their Australian colleagues in their surgeries and hospitals. We commence the first of our Nurses Training Courses in the Solomon Islands, and run another in our series of Early Management of Severe Burns (EMSB) training and instructors courses in Bangladesh in December. The EMSB programs are proving to be inspirational for everyone involved.

Much is on the calendar for next year, however questions still remain over funding for a number of programs, particularly to the Pacific.

A Galaxy Research survey found that nearly \$1 Billion is spent on unwanted Christmas Gifts. What are you planning to buy your loved ones this Christmas. Give the "Gift of a Gift"

In 2007, a Galaxy Research survey found that nearly \$1 Billion is spent on unwanted Christmas Gifts. What are you planning to buy for your loved ones this Christmas?

This Christmas instead of buying an unwanted gift, buy your loved ones something that is desperately needed. By making a donation to Interplast you would give your loved ones the opportunity to repair a body and rebuild a life. Give them the gift of changing a life, the 'gift of a gift'.

We will provide you with a card and a personalised hand written note

of thanks to wrap up under the Christmas tree. \$30, \$50 and \$100 cards are available. For more information on the opportunity to give the 'gift of a gift' please go to www.interplast.com.au or phone (03) 9249 1231.



Signing of MoU in Indonesia

Interplast signed a Memorandum of Understanding (MoU) on 22nd July 2009 with the Indonesian Ministry of Health which authorises Interplast to continue to contribute to the development of plastic and reconstructive surgical services in Indonesia.

Interplast's relationship with PERAPI (Indonesians Plastic and Reconstructive Surgery Society) has included training in Australia, provision of faculty to deliver lectures at the PERAPI Annual Scientific Conference, and the Kevin Egan traveling scholarship for an Indonesian registrar to attend training in Australia. Interplast's program to Balikpapan is also formally listed as a rotation program for anaesthetic trainees from the Airlangga University in Surabaya

Interplast has been called upon during the Australian Embassy bombings in 2004, and earthquake/tsunami relief in Banda Aceh in 2005.

A program was conducted to Sumbawa in October 2009, with the Batu Hijau Doctors Children's Fund. Please make a donation to help the people in Indonesia continue to receive treatment now and training for the future.



Mr Ian Carlisle, Interplast Board Member and Chair of the Surgical Committee signing the MoU with Dr Farid W Husain, Director General of Medical Care, Indonesian Ministry of Health.

Climb a tower — change a life



Participate in one of the Southern Hemispheres highest vertical races on Sunday 22nd November. You can walk/run or climb your way to the top of Melbourne's Eureka Tower to raise funds for Interplast and Whitelion, and help rebuild lives.

This year will see the addition of a festival of entertainment, including food and market stalls, so your friends and family can relax and enjoy Melbourne's Southbank while you climb the worlds tallest residential building. Each participant can enter as a walker or a climber, (the difference being climbers are timed), as an individual or a team of four, and will receive a free child entry to skydeck on the day with every paying adult, and a show bag of goodies . For more information on prizes, team categories and more go to eurekaclimb.com.au.



Go ahead — make our day

Before the earthquake and tsunami traumatized Samoa in early October, Interplast volunteers, led by Sydney plastic and reconstructive surgeon, Dr Benjamin Norris, participated in the 26th team visit to the National Hospital Apia, in July 2009.

The success of the visit was assisted by increased communication before the team arrived. There is a strict hierarchy and the chief and

elder system must be followed to give advance notice of visits, like Interplast, to people in the smaller villages and outer islands. Combined with assistance from the Australian High Commission, and the local media, nearly 80 patients presented for a consultation with the Interplast team

A total of 36 operations were performed during the visit, which was slightly less than last year due to their complexity.

“We were delighted to see a number of patients who we had operated on during the visit last year. These patients were overwhelmingly grateful, and really made our day” volunteer surgeon Benjamin Norris

More patients presented for treatment than could be treated during the Interplast visit, and as always the case patients were prioritised according to their need.

Volunteer surgeon Dr Benjamin Norris said “In addition to the formal lectures, we found all surgical, anaesthetic and nursing staff to be extremely keen to learn from the team.

Once again we were overwhelmed with the number of patients. We were delighted to see patients who we had operated

on during the visit last year. These patents were overwhelmingly grateful and really made our day.”

Many patients were identified as suitable for surgery on a subsequent visit. Please consider making a donation so Interplast can continue to repair bodies and rebuild lives in Samoa.



2008



2009

Squash champions get behind Interplast

Barbara Wall, squash champion and member of the Rotary Club of Upper Blue Mountains Sunrise, came out of retirement after 20 years to compete in the World Masters Games held in Sydney in October 2009 — all for Interplast Australia & New Zealand.

Barbara Wall said “One of the most inspiring programs Rotary has embarked on in Australia is Interplast Australia & New Zealand.”

Barb, who beat Australian squash legend Heather McKay to win the 1977 British Open, along with fellow Australian Sue King OAM who was the 1978 British Open Champion, and 5 times world champion, Commonwealth Games Gold Medallist and twice British Open Champion Sarah Fitz-Gerald AM, have rallied together to ‘call on all squashes’ to support Interplast. Tournaments are being organised in the future to raise funds for Interplast so dust off your squash racquet and start training!

For more information on this inspirational journey and the support from the squash fraternity please visit Barb’s website www.giftofasmile.org.au



Disabling burns in Vietnam

Each year more than 6 million people world wide are victims of a severe burn. The majority of these occur in the Asia Pacific region. Burns injuries occur more frequently in women than men, either as victims of domestic violence or because in developing countries it is usually the women who do the cooking over an open flame.

Burns left untreated, as they more frequently are in developing countries, don’t heal and scar. The scars contract and become thicker with the strain placed on them. These scar contractures can attach feet to shins, fingers to forearms and necks to chests, leaving victims severely and unnecessarily disabled, making an already terrible injury horrifically worse. Victims of burn

“The operating theatre became a teaching and learning environment” Peter Brown, Observer

injuries become dependent on others, placing a further burden on an already burdened family and community. In August 2009 the Rotary Club of Chelsea funded a program to Ho Chi Minh City Vietnam which focused on burns treatment and training.

Rotarian Observer, Peter Brown said, “the best outcome from the program in my view was not the life changing results each operation brought to the individual patients but it was the time spent by Allan, James and Michael teaching and explaining to the local Vietnamese surgeons and anaesthetists how to provide the best care to their patients. The operating room became a teaching and learning environment.”



Interplast volunteer and Sydney plastic and reconstructive surgeon Dr James Masson consulting with a patient.



Burn scar contractures can form devastating and unnecessary disabilities.

Nurse training in Nepal

From 2007—2009 Interplast volunteers delivered a number of microsurgery training courses to the plastic and reconstructive surgery team at the Model Hospital in Kathmandu, Nepal.

Dr Kiran Nakarmi, Nepalese plastic surgeon said “teaching of the microsurgery procedures has been an essential tool for reconstructive surgery. A few basic microsurgery flaps can help in many situations and has revolutionised cancer treatment in Nepal. The training has highlighted the cooperation required from the hospital and the necessity of teamwork.”

The microsurgery training modules included nursing and anaesthetic training required to complement the surgery. Dr Simon Reilly, Interplast anaesthetist said “Sometimes there were so many people in the theatre you could hardly move ... I had one anaesthetist and anaesthetic registrar with me every day teaching them the skills needed as they are quite new to long surgery.”

As part of the follow up of the microsurgery training, Interplast conducted formalised and structured training to the nursing staff at the Kathmandu Model Hospital in Nepal in June 2009. The training conducted was holistic patient care from admission to discharge. The course concentrated on the pre and post surgery nursing management of grafts and flaps including the importance of standard precautions.

Two training courses were conducted during the visit with over 30 nurses completing the training from both the nursing undergraduate training program and nurses from the Model Hospital.

Interplast volunteer Annette Silinzieds, Education Coordinator for St Vincents and Mercy Private said “The nurses were

motivated and enthusiastic and really excited about formalising their nursing training in the area of plastic and reconstructive surgery.

I was involved in the initial training in 2007 and it was terrific to see how far they had progressed over the two years. ... The nurses were able to identify a potentially compromised flap during post op and have it managed by the surgical team. This not only saved the flap but also proved they had taken in what we were teaching.

The nurses were keen to continue to formalise their training in this specialty.”



Advanced tumour in lower forearm. Without microsurgery, this patient would have faced amputation of his forearm. The Nepalese medical team removed the cancerous bone, and replaced it with bone from the lower leg. In this instance the patient was able to retain functionality of his arm.

Pacific Ultrasound Development Program

Ultrasound is an essential modern tool in medical diagnosis, and Interplast is providing assistance for its development in the Pacific Island Countries.

Tim Alchin, a senior sonographer will spend a year assisting the Pacific Island nations in establishing a self sustaining, high quality ultrasound service with the capacity to deliver certificate level sonography training as well as focused point of care training for remote area health professionals. Ultrasound is a valuable tool that greatly enhances the diagnostic capabilities of a medical service especially in the absence of more elaborate and expensive imaging modalities, and the real time nature of ultrasound adds to its clinical value. Tim will work with the local health authorities who will identify trainees, areas of greatest need and guide recruitment to complement the national health plan.



Your bequest — a gift beyond the years

We are all keen to leave the world a little bit better for us having been here. Once you have provided for your loved ones, a bequest to Interplast will help build health systems and access to medical care in the

developing neighboring countries of Australia & New Zealand. More information about bequests can be found on the Interplast website www.interplast.com.au/bequest or phone Interplast on (03) 9249 1231. It really is the most special of gifts, and will leave a lasting legacy.

Save the date — 20 March 2010, Ivy Sydney

black and white ball

don't miss it! more information to come

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Interplast Australia & New Zealand is a registered charity that sends volunteer medical teams to the Asia Pacific region to provide programs of treatment and training. Interplast was founded in 1983 as an association between Rotary District 980 and the Royal Australasian College of Surgeons, Interplast is accredited with AusAID as an NGO, and is a signatory to the Australian Council for International Development Code of Conduct. Copies of audited financial statements can be obtained by contacting the office or on line at www.interplast.com.au.

Thank you for

Repairing
Bodies.

Rebuilding
Lives.

Donation Form

Yes I would like to help rebuild lives

Title _____ Name _____ Surname _____

Address _____

Suburb _____ State _____ Post Code _____

Email _____

Phone _____

By making a donation of \$ _____ My cheque payable to

Interplast Australia & New Zealand Overseas Aid Fund

From my credit card (please complete details below)

TRIBUTE / ROTARY CLUB

Please tribute/credit Rotary Club _____
Insert name of the person or Rotary Club you would like to tribute your donation to

JOIN THE REBUILDING LIVES FELLOWSHIP

I would like to join the **Rebuilding Lives Fellowship** and make monthly donations from my credit card.

Please deduct \$ _____ on the _____ of every month from my credit card until further notice.
Insert amount Insert date

CREDIT CARD DETAILS

Visa Mastercard Diners Club AMEX

Card Number _____ Expiry Date _____

Name on Card _____ Signature _____

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