



InterplastTM

Repairing bodies & rebuilding lives
in the Asia Pacific region

inside INTERPLAST

REPAIRING BODIES. REBUILDING LIVES.

JUNE 2014

DEVELOPMENT FOR THE FUTURE

HOW INTERPLAST APPROACHES DEVELOPMENT WORK



Surgeons and surgical registrars from Fiji, Tonga and Samoa learning 'hands-on' with Interplast volunteer surgeon Dr Simon Thompson at the 2013 Applied Advanced Reconstructive Surgical Skills Workshop in Hobart.

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OUR MONTHLY
E-NEWS IS FULL OF
ALL THE LATEST INTERPLAST
NEWS AND EVENTS. SIGN UP AT
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Over the past 30 years, thanks to our amazing volunteers and you, our generous supporters, Interplast has been incredibly fortunate to do the work that we do. From this experience we know that simply performing surgery in developing countries is not the best way to achieve Interplast's mission, which is to enhance people's health and wellbeing by enabling access to life-changing reconstructive surgery and related medical services. For this reason, Interplast has always had a dual focus on performing surgery and building the capacity of local medical staff through training and mentoring activities. We call this our 'twin-track approach'. In simple terms the twin-track

"ULTIMATELY, INTERPLAST'S DEVELOPMENT PHILOSOPHY AIMS TO CONTRIBUTE TO THE STRENGTHENING AND FOSTERING OF SUSTAINABLE HEALTH SYSTEMS AND LOCAL PROVISION OF LONG-TERM ACCESS FOR LOCAL COMMUNITIES TO QUALITY HEALTH SERVICES"

approach has two key elements. Firstly, we continue to send fully qualified teams of volunteer plastic and reconstructive surgeons, anaesthetists, nurses and allied health professionals to facilitate local medical support and services, giving patients access to life-changing medical procedures that they would otherwise not be able to afford.

Secondly, we provide resources (human and financial) to deliver direct training/

mentoring support to further develop local medical professionals. This occurs through both formal and non-formal capacity building activities where local staff are mentored and supported to develop skills and expertise using a 'teaching by doing' approach. In addition to this, we facilitate capacity building activities through exchange of knowledge and/or professional development opportunities both locally and internationally. This is

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VOLUNTEER YOUR THOUGHTS...

It was on my second trip to Vanuatu that I came across Lorenzo, a two year old boy with burns to his torso, arm and legs. Burn injuries are common in developing countries as so many people still rely on open fires for cooking and for warmth. Lorenzo had suffered the burns about three months prior to our visit and had already undergone some attempted skin grafts. However, they hadn't been fully successful and as a result Lorenzo was left with unhealed wounds and an infection. When we met Lorenzo, he was confined to a wheelchair.

The thing I found most confronting was that every couple of days Lorenzo would have to have his dressings changed to try and keep the wound from getting worse. Extensive burn dressings can be very painful and unfortunately Lorenzo had been requiring these regularly for two to three months. This was extremely distressing and painful for this little boy. So much so, that when our Interplast team first went to examine him he cried "please Mummy no" because he knew that could only mean pain. For one so young to have such a strong association was hard to see.

Having an experienced burn surgeon on the team meant that the burn was able to be treated successfully in one surgery. Our team worked with the local staff to plan and prepare for the surgery, including arranging blood donations from his family, as there's a big risk of blood loss for someone so small. We were able to successfully complete skin grafts and repair the wounds. Most importantly we were able to ensure that this little boy no longer had to endure pain and suffering on a perfectly treatable wound. Working with the local team meant that in the future they'd be better equipped to deal with other cases, so hopefully no other children have to suffer the same kind of pain and discomfort that Lorenzo had been through.

On both my Interplast visits that's one of the things that has really stuck with me - often these are relatively simple procedures, and if you know what you're doing, you can avoid complications down the track. I feel very privileged to volunteer with Interplast and know that we are building the capacity of local staff to handle these kinds of situations on an ongoing basis.

I'll be returning to Vanuatu in June 2014 for the third time.



TANYA KARAL,
NURSE.

DEVELOPMENT STORY

CONTINUED FROM PAGE 1

achieved by assisting universities and professional societies in the recipient countries to develop formal and informal curricula and teaching programs, and by the use of scholarship and visitation programs.

Ultimately, Interplast's development philosophy aims to contribute to the strengthening and fostering of sustainable health systems and local provision of long-term access for local communities to quality health services. This is a process that requires ongoing collaboration with local partners, input from Interplast's volunteers and support from both the private and public sectors. It's a long-term vision, one that we're absolutely committed to, and one that we need your support to make a reality.



VOLUNTEER INTERPLAST NURSE EDUCATOR MR SIMON PLAPP
TEACHING ACCIDENT AND EMERGENCY NURSES IN THE
SOLOMON ISLANDS.



A TWO YEAR OLD I-KIRIBATI BOY WITH A CLEFT LIP IS
ASSESSED BY INTERPLAST VOLUNTEER ANAESTHETIST
ANDREW JOWITT AHEAD OF HIS OPERATION

**MAKE A LASTING DIFFERENCE. JOIN
OUR REBUILDING LIVES FELLOWSHIP BY
MAKING A REGULAR MONTHLY DONATION.**

THE 'TWIN-TRACK' APPROACH IN ACTION

SPOTLIGHT ON SUVA

As the training 'hub' of surgery in the Pacific region, Fiji is an excellent example of how Interplast's 'twin-track' approach is implemented. In Suva, many surgeons from across the region train at the Fiji School of Medicine, with the practical component of their training taking place at the Colonial War Memorial (CWM) Hospital.

When the Interplast team visits the CWM Hospital on an annual basis, they work with these surgical registrars in theatre, providing crucial 'on the job' training, as well as giving lectures and workshops to the surgical, anaesthetic and nursing staff. Interplast teams also visit the other main centres of Fiji (Lautoka and Labasa) each year, and a number of surgical registrars training in Suva join the team for the duration of their visits.

In addition to this, surgical registrars from other Pacific countries who are training in Suva, are supported to travel back to their home countries when Interplast teams visit there, to receive valuable training and mentoring. Registrars are also invited to participate in other training programs such as the Applied Advanced Reconstructive Surgical Skills workshop which takes place annually in Hobart.



INTERPLAST VOLUNTEER SURGEON MR MIKLOS POHL ASSESSES A PATIENT'S XRAY WITH THE ASSISTANCE OF FIJIAN SURGEON DR MATANICAKE JNR.



INTERPLAST VOLUNTEER ANAESTHETIST DR STEPHEN LEUNG, ALONG WITH MYANMAR SURGICAL TRAINEE DR MAY ME MYO, MONITORING A PATIENT FOLLOWING HER OPERATION IN YANGON IN FEBRUARY 2014.

HOW YOUR DONATION MAKES A DIFFERENCE

- \$100** PROVIDES DRESSINGS AND SURGICAL SUPPLIES TO TREAT A PATIENT AFTER THEIR BURNS SURGERY.
- \$300** PROVIDES TRAINING TO ONE NURSE IN THE SOLOMON ISLANDS.
- \$500** PROVIDES HAND REHABILITATION SERVICES FOR TWO TO THREE PATIENTS AFTER THEY'VE RECEIVED HAND SURGERY.
- \$1000** PROVIDES LIFE-CHANGING SURGERY FOR A PATIENT IN THE ASIA PACIFIC REGION.*



INTERPLAST VOLUNTEER SURGEON MR SIMON DONAHOE OPERATES ON A PATIENT REQUIRING A HAND TENDON REPAIR, ASSISTED AND OBSERVED BY SURGICAL TRAINEES FROM FIJI AND VANUATU.

DONATE NOW!



EIGHT YEAR OLD WAJIHAH, WHO HAD HER SCAR CONTRACTURES RELEASED BY INTERPLAST WHEN SHE WAS FOUR YEARS OLD.

TO MAKE YOUR DONATION DETACH THE SLIP AND USE THE REPLY PAID ENVELOPE PROVIDED. ALTERNATIVELY YOU CAN DONATE DIRECTLY ONLINE AT WWW.INTERPLAST.ORG.AU USING OUR SECURE DONATION PAGE. ALL DONATIONS ABOVE \$2 ARE TAX-DEDUCTIBLE.

*ALL EXAMPLES ARE INDICATIVE OF THE TYPES OF COSTS WE REGULARLY ENCOUNTER. FUNDS ARE USED TO SUPPORT ACTIVITIES INCLUDING, BUT NOT RESTRICTED TO, THE ONES DESCRIBED HERE.

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Please accept my gift of: ☐ \$50 ☐ \$150 ☐ \$300 ☐ My choice: \$_____ (donations over \$2 are tax-deductible)

PAYMENT OPTIONS *(please circle):*

Cash Credit Card Cheque

Please make cheques payable to Interplast Australia & New Zealand

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BE MADE SECURELY AT
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CREDIT CARD DETAILS *(please circle):*

Visa Mastercard

Name on Card: _____ Card Number: _____

Expiry Date: ____/____ Signature: _____

REGULAR/MONTHLY GIVING — 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 15th of every month from my credit card.

ROTARY CLUB:

☐ Please credit Rotary Club: _____ District: _____

BEQUEST:

☐ Please send me information on how I can remember Interplast in my will.

Title: _____ First name: _____ Surname: _____

Address: _____ Suburb: _____

State: _____ Post Code: _____ Email: _____ Mobile: _____

**UNFOLD ME TO
REPAIR BODIES AND REBUILD LIVES.**

REVISITING MYANMAR

THE REINVIGORATION OF THE MYANMAR COUNTRY PROGRAM

With only five qualified reconstructive surgeons working in the public sector in Myanmar to service the country's population of 60 million people, those with disabling congenital and acquired conditions have extremely limited access to crucial surgical services to improve their quality of life.

Interplast began working in Myanmar in 2001, improving access to plastic and reconstructive surgery services for the people of Myanmar, with a structured training program implemented to develop local capacity. The impact of Cyclone Nargis in 2007 and various other factors, resulted in an interruption to our program activities for a number of years. When the Interplast team were able to return to Yangon General Hospital (YGH) it was clear the provision of services had suffered significant setbacks in addition to there being an increase in the number of people requiring access to treatment.

In 2014 Interplast reinvigorated our program in Myanmar, with a structured training and mentoring program to be implemented over the next two years. The program involves working closely with the University of Medicine 1, Yangon and the YGH to provide training components within the new Doctorate of Plastic Surgery program.

These training components are delivered through multiple week-long mentoring visits, as well as supporting a Doctorate candidate each year to undertake a formal training placement in Australia. The mentoring visits include the delivery of several lectures to the surgical trainees, as well as clinical training as Interplast volunteers work side-by-side with the local surgeons to address pre-screened surgical



cases and provide guidance in complex procedures.

The first two mentoring programs have already been successfully delivered, with another one scheduled for later in 2014. Plans are well underway for the first Doctorate candidate to arrive in Melbourne in February 2015.

“WITH ONLY FIVE QUALIFIED RECONSTRUCTIVE SURGEONS WORKING IN THE PUBLIC SECTOR IN MYANMAR TO SERVICE THE COUNTRY’S POPULATION OF 60 MILLION PEOPLE, THOSE WITH DISABLING CONGENITAL AND ACQUIRED CONDITIONS HAVE EXTREMELY LIMITED ACCESS TO CRUCIAL SURGICAL SERVICES TO IMPROVE THEIR QUALITY OF LIFE.”

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BUILDING LOCAL CAPACITY

MEET DR MYITZU WIN

The first candidate of the Doctorate of Plastic Surgery program is Dr Myitzu Win. Dr Win will be coming to Melbourne to undertake a one year training placement. During this time Dr Win will be supervised by Interplast volunteer, Professor Michael Leung, based at The Alfred Hospital and Dandenong Hospital. Interplast will secure funds to cover the costs and arrangements of Dr Win's airfares, travel and health insurance, accommodation and living allowance, as well as supporting her in day-to-day life in Melbourne. This placement is formally integrated into the Doctorate of Plastic Surgery and Dr Win will complete specific training modules towards her Doctorate.

As part of the program Dr Win recently attended the Royal Australasian College of Surgeons (RACS) Annual Scientific Congress in Singapore. Dr Win said of the experience “this is an opportunity to widen my scope of knowledge, learn what other countries are doing with their patients and share innovative techniques. This benefits my career and also my patients.”

Interplast looks forward to welcoming Dr Win to Australia and supporting her throughout her time here.

THANK YOU FOR YOUR ONGOING SUPPORT AND COMMITMENT TO REPAIRING BODIES AND REBUILDING LIVES. WE CANNOT DO IT WITHOUT YOU. DONATE TODAY.

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