



Inside Interplast

REPAIRING BODIES AND REBUILDING LIVES IN THE ASIA PACIFIC REGION



Alex and his mum, before surgery (left) and during Interplast's recent visit (right).

Long-term collaboration results in great outcome for young patient

In 2018 Solomon Islands general surgeon Dr Scott Siota completed a significant milestone - he became the first Solomon Islander to perform a cleft lip repair as the primary surgeon. Scott completed the surgery under the supervision of Interplast volunteer plastic and reconstructive surgeon Dr Zac Moaveni.

At the time of this ground-breaking operation, young Alex (pictured before his surgery above left) was six months old. Alex was born with a cleft lip and cleft palate (see definition box on right). The outcome of the cleft lip repair was excellent.

In Australia and New Zealand, cleft lip and palate repairs are performed by highly specialised plastic and reconstructive surgeons. In the Pacific region, there are only two qualified plastic and reconstructive surgeons and these surgeons are based in Papua New Guinea and Fiji respectively.

With Interplast's support, Scott has participated in ongoing clinical teaching and practical training by Interplast volunteer surgeons for

close to a decade. Thanks to Interplast scholarships, Scott attended advanced skills workshops in Samoa and Australia, and participated in an observational placement in New Zealand.

Inside Interplast is delighted to report that the volunteer Interplast team recently returned to the Solomon Islands and repaired Alex's cleft palate.

The Interplast team were able to review Alex and completed his palate repair. Dr Kirk Williams and Zac were pleased to work with Scott and see his plastic surgery skills develop.

"It's a privilege to be part of the story of the first generation of reconstructive surgery in Solomon Islands. Many more lives will be positively affected by this dedicated surgeon!" said Zac.

The Interplast surgical program to the Solomon Islands was supported by the Royal Australasian College of Surgeons through the Pacific Island Program (PIP), Rotary District 9780 and the Department Foreign Affairs and Trade's Australian NGO Cooperation Program (ANCP) while the allied health mentoring program was funded by Rotary District 9675.



WHAT IS A CLEFT LIP OR CLEFT PALATE?

The World Health Organization reports that oral clefts of some form (cleft lip, cleft lip and palate, or isolated cleft palate) occur in one in every 500-700 births world-wide.

A cleft lip is a gap in the upper lip. To repair the cleft lip, the specialist surgeon makes an incision on each side of the cleft lip to the nostril. The two sides of the lip are then stitched together by rearranging the surrounding tissue. In addition to closing the lip, the repair includes realigning the muscle of the upper lip to provide normal lip function and facilitate sucking.

A cleft palate is a birth condition caused by the baby's mouth tissues not joining up during early foetal development. The two halves of the palate do not fuse properly, leaving an open space or 'cleft'.

Babies born with cleft palates and/or cleft lips often have problems with feeding and speaking clearly and can have ear infections. The children might also have hearing problems and problems with their teeth.

Message from the CEO

Welcome to the first *Inside Interplast* of 2020 and my first as Chief Executive Officer.

The start of 2020 has been a challenging time as we observed the effects of devastating bushfires and floods. All at Interplast have been thinking about the people, businesses and wildlife directly affected.

I want to take this opportunity to thank you on behalf of our staff, volunteers, local partners and patients, for your ongoing support of Interplast Australia & New Zealand. We are extremely grateful for your involvement which, during the 2018-19 Financial Year, saw Interplast deliver 72 programs across 17 countries within the Asia Pacific region. Our local partners were engaged in 1786 training and capacity-building opportunities. Additionally, Interplast volunteers consulted 1014 patients, providing 518 free and life-changing surgeries. That's thousands of futures changed, and it's all made possible thanks to wonderful support from you. Together, your participation and donations enable Interplast to continue to repair bodies and rebuild lives.

With a number of exciting ways to get involved with Interplast in 2020, I invite you to join us in one of the following

events and very much look forward to continuing our work together, as we transform lives and change futures.

ACTIVE INTERPLAST

Kick off 2020 by setting yourself a new challenge! Sign up for one of many exciting running events across Australia or New Zealand, choose Interplast as your nominated charity and support our life-changing work. Not only will you be doing something great for yourself, you will also be helping to rebuild the lives of the people we work with in the Asia Pacific region.

Joining these events means joining a team of like-minded people to reach your fundraising and fitness goals. We'll be supporting you every step of the way.

Find an event near you by visiting the Active Interplast webpage at www.interplast.org.au/active-interplast/

A PLACE AT OUR TABLE

If running is not your thing, our new event might be just the one for you. 'A Place at Our Table' invites you to host a meal in your home, a restaurant or your community meeting place, and ask your guests to pay as they feel to raise money for Interplast.

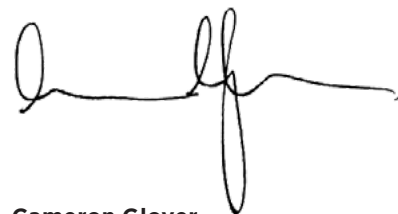
We'll provide you with a suite of digital tools to help promote your activity, a short video to inspire your guests and ongoing support in the lead up to your event. This exciting new initiative will be launching soon, and we would love for you to get involved. Sign up today and be among the first to host A Place at Our Table.

For more information and to register your interest visit www.interplast.org.au/get-involved/fundraise-for-us/a-place-at-our-table

THANK YOU

If you would like further information about the above activities, or any other ways of being involved with Interplast, please contact us at contactus@interplast.org.au – we would love to hear from you.

Yours sincerely,



Cameron Glover
Chief Executive Officer
Interplast Australia & New Zealand



Host a meal while supporting Interplast through A Place at Our Table.



Ready, set, go... with Active Interplast.

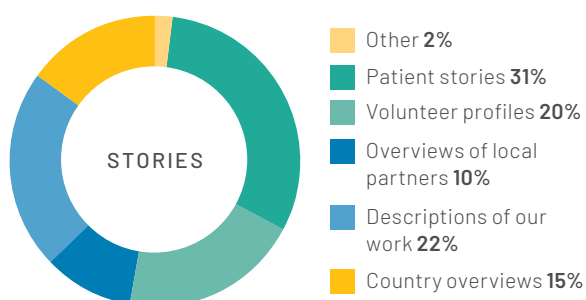
Listening to your views

In the last edition (edition 2, 2019) of *Inside Interplast*, we included a supporter survey. We also sent out the survey via email. We received 50 hard copy responses while 160 people completed the survey online.

The aim of the survey was to hear more about how supporters want to be communicated with by Interplast. We have included a selection of responses below.

QUESTION 2

Of the stories Interplast uses to describe our work, which ones do you enjoy reading the most?

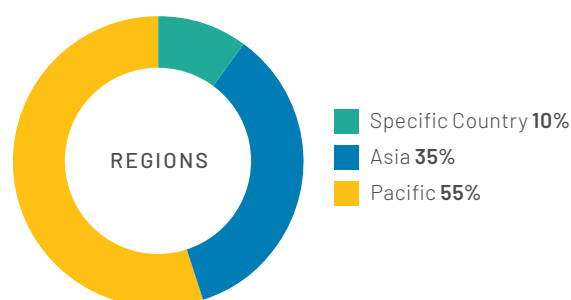


RESPONSE FROM INTERPLAST:

We will endeavour to reflect this split over future editions of Inside Interplast and our newsletter.

QUESTION 3

Would you like to specifically hear more about Interplast's work in the following areas?

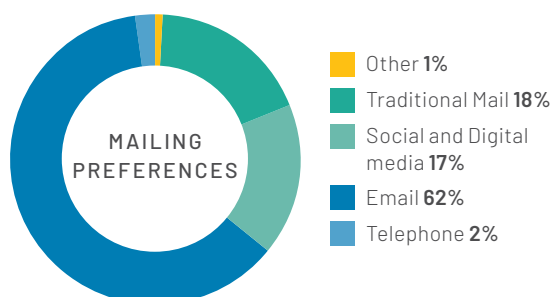


RESPONSE FROM INTERPLAST:

We will endeavour to reflect this split over future editions of Inside Interplast and our newsletter.

QUESTION 4

What is your preferred method of hearing from Interplast?



RESPONSE FROM INTERPLAST:

We have taken this feedback onboard and will give supporters the option to opt in to hard copy mail.

QUESTION 10

On a scale of 1 to 5, with 5 being very satisfied and 1 being not at all satisfied, how would you rank your level of satisfaction with your experience of giving to Interplast?



RESPONSE FROM INTERPLAST:

We will endeavour to reflect this split over future editions of Inside Interplast and our newsletter.

Thank you for your feedback!



Vanuatu nurses with local nurses - Rosien is second from the left and Jacqueline is second from the right.

Vanuatu nurses learn in Fiji

Rosien and Jacqueline are nurses from Vanuatu who recently travelled to Fiji to participate in burns training delivered by the local team at Colonial War Memorial Hospital (CWMH) in Suva.

The two nurses were from Vila Central Hospital in Port Vila, Vanuatu and while in Suva they also completed a three-day observational placement at the CWMH burns unit. This placement allowed the nurses to see how the burns unit operates and observe the local nurses implementing the skills learned in the training.

The CWMH has the only burns unit in the Pacific and is looked to as the leader in burns patient care and education in the region. They have an emphasis on upskilling their staff about burns management with the aim of better outcomes for patients.

Interplast supported the nurses from Vanuatu to attend the training in Fiji, thanks to funding from the

Department Foreign Affairs and Trade's Australian NGO Cooperation Program (ANCP).

In the past, Interplast volunteers ran the training in Fiji, but now the local faculty are equipped to host the training themselves. This training is supported by the Fiji Ministry of Health.

Jacqueline and Rosien said that they gained new knowledge of a number of aspects of burns care including fluid calculation, assessing burn depth, burns dressings, hydrotherapy and pain management.

Since the training, Rosien and Jacqueline have been able to utilise their burn management skills to assist

patients admitted to Vila Central Hospital. They also delivered a presentation to the hospital's audit meeting.

In the past, Interplast volunteers ran the training in Fiji, but now the local faculty are equipped to host the training themselves.

Interplast Australia & New Zealand

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



The Royal Australasian College of Surgeons established Interplast with Rotarians and the Fellows remain active supporters.

Yes, I want to help people like Jigme get the surgery they need!

HOW TO DONATE:

- By mail: complete and return this form in the enclosed reply-paid envelope
- Call us on +61 3 9249 1231
- Online at interplast.org.au/donate-now
- From New Zealand? Visit Interplast.org.au/donate/donations-from-new-zealand

ONE-OFF DONATION

☐ \$70 ☐ \$100 ☐ \$250 ☐ \$500

☐ My choice \$ _____

Donations of \$2 or more are tax-deductible for Australian taxpayers.

MONTHLY DONATION

☐ I would like to make a monthly contribution to Interplast Australia & New Zealand of

\$ _____ per month.

Monthly donations are processed on the 15th of every month.

ROTARY

Please credit Rotary club:

MY DETAILS

Title _____

Given name _____

Surname _____

Mobile _____

Email _____

Date of birth _____ For ID purposes

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

PAYMENT

☐ Visa ☐ Mastercard ☐ Cheque

Please make cheques payable to 'Interplast Australia & New Zealand'.

Card number _____ / _____ / _____ / _____ /

Expiry date ____ / ____

Cardholder name _____

Cardholder's signature _____

Privacy

Interplast Australia & New Zealand respects your privacy. Any information you provide will be treated in the strictest confidence and used only to provide you with information about our work and opportunities to support us. For more information on our privacy policy please see our website at www.interplast.org.au.

To update or change your communication preferences please contact us at contactus@interplast.org.au or on +61 3 9249 1231

Jigme's surgery

Young Jigme is a 10-year-old girl in Bhutan who was born with an under-developed external right ear (known medically as microtia).

The Interplast surgical team worked with our local partners to reconstruct Jigme's ear using cartilage from her ribs. I think you'll agree that the result is amazing.





Interplast volunteer Isaac Harvey (right) and local plastics trainee Sonam Jamtsho (left) are observed by a local partner.

Advances in Bhutan

Bhutan is a land-locked country in the eastern Himalayas. It is bordered by the Tibet Autonomous Region of China in the north, the Indian state of Sikkim, the Chumbi Valley of Tibet, China in the west and south, northeast Indian states of Arunachal Pradesh and Assam, West Bengal in the south.

Interplast has been linked with Bhutan since late 2014 and some of our volunteers have been involved there since 2009.

Most recently, Interplast is continuing to build the surgical and allied health capacity in Bhutan through surgical mentoring visits focused on general plastic and reconstructive surgery, hand surgery and hand therapy.

Interplast volunteers include surgeons, anaesthetists, nurses and hand therapists.

In exciting news, a specialised plastic and reconstructive surgery trainee from Bhutan has, at the time of writing, just begun a year of training in India which will likely be followed by a year of training in Australia.

These programs to Bhutan were supported by the Department of Foreign Affairs and Trade's Australian NGO Cooperation Program.

Paro Taktsang (also known as the Taktsang Palphug Monastery and the Tiger's Nest), a prominent Himalayan Buddhist sacred site and temple complex located in the cliffside of the upper Paro valley in Bhutan.



GOOD OUTLOOK FOR PEMA

At 28 years old, Pema has faced eight years of a serious condition. Her jaw was effectively frozen shut with a 'complete bony ankylosis of her right temporo-mandibular joint'.

Ankylosis is an abnormal stiffening and immobility of a joint due to fusion of the bones. This can be caused by injury or disease. The temporo-mandibular joint connects the jawbone to the skull.

Unfortunately, the condition had left Pema only able to eat soft or liquid food. She was also not able to clean her teeth, and this meant her teeth were severely decaying.

The Interplast volunteer surgical team assessed Pema's case, reviewed her CT scans and operated on her jaw.

After the surgery Pema was able to start moving her jaw. By the time the surgical team departed from Bhutan Pema could open her jaw more than two centimetres and this was increasing every day.

The October 2019 surgical and allied health mentoring programs to Bhutan were supported by the Department of Foreign Affairs and Trade's Australian NGO Cooperation Program (ANCP).