



CLINPATH
PATHOLOGY

Doctors' Newsletter

DECEMBER 2019





Our Christmas Donation

In lieu of gifts and presents, Clinpath Pathology are again donating to two very worthy charities. They are the Startlight Children's Foundation and Tour de Cure.

I'm sure you will join us in appreciating their efforts to make our community stronger.

Starlight Children's Foundation

Starlight's mission is "To brighten the lives of seriously ill children and their families". Because sick kids are still kids at heart... Starlight know, through their work and research, there's more to treatment than medicine. That's why since 1988, they've partnered with Australian health professionals to develop programs based on positive psychology principles that support the 'total care' of our children and teens.

Tour de Cure

Through magical, challenging and inspirational tours and events across Australia, Tour de Cure say they "raise money to fund the boldest research, the most talented scientists and the ground breaking projects that we believe will have the biggest impact on cancer."

Merry Christmas

It's been a busy few months. We have opened new standalone centres and commenced new aged care services within Home Care Hubs.

By now you would have been notified of our Christmas & New Year operating hours. Please note over this period the operational hours of our collection centres do change however we remain committed to providing a timely and reliable service.

Thank you for remaining a loyal client of Clinpath during 2019 and our laboratory move to Mile End.

We are looking forward to a successful 2020 year.

Dr Fergus Whitehead

CEO, Clinpath Pathology

Dr Speedy's Venesection Clinic

Location Change

From 1st January 2020:

Tennyson Centre
Ground Floor, 520 South Road
Kurralta Park SA 5037

Dr Speedy's phone number remains as (08) 8366 2049

#movember

Raising awareness of Prostate Cancer

For Australian men, prostate cancer is the most common non-cutaneous cancer and the second most common cause of cancer deaths. More than 19,000 Australian men are diagnosed each year; one in nine men will be diagnosed with prostate cancer. Our team, which included Pathologist Dr Craig James, raised over \$400 during November, getting behind the global awareness campaign. Ask us about the types of blood tests available via busdev@clinpath.com.au

Retired

Dr Geoff Mower has practised as a specialist pathologist in Adelaide since 1989, including working for Clinpath since 2014, and is now retiring to a life beyond pathology. Geoff enjoyed all aspects of surgical histopathology with special interests in breast disease, endocrine disease and fine needle aspiration biopsy.

All Clinpath colleagues wish him well in retirement. Enjoy!



New Collection Centres Opened

Clarity House
(across from The Arkaba)
267 Fullarton Rd,
Parkside SA 5063

Melbourne Street (No. 262)
North Adelaide, SA 5006

Pear Tree Family Practice
16 Partridge Street,
Glenelg SA 5045

Rembrandt Living: Green Fields Home Care & Health Centre
21 Greenfields Drive,
Green Fields SA 5107

Wellcare Parafield Gardens
486 Salisbury Hwy,
Parafield Gardens SA 5107

Calvary Adelaide Hospital Opening

Clinpath extend our congratulations to Calvary Adelaide Hospital, with their stunning new premises opening in the new year.

We too look forward to working with all staff and patients via our new lab, located within the new hospital.

New data shows one third of SA women do not get enough Vitamin D in pregnancy

With so many things to think about during pregnancy, it can be difficult for expectant mothers to keep up, particularly with the latest advice on how to stay healthy.

Health professionals can also face challenges in giving their pregnant patients the best advice, in light of emerging research.

Vitamin D is one such complex area, with data from a 2012 study of Australians aged 25+ finding that vitamin D deficiency affects 39% of Australian women.¹

Vitamin D deficiency in pregnancy has been linked to several conditions including high blood pressure and preeclampsia in expectant mothers, and low calcium levels, rickets and myopathy (muscle disease) in newborns.

With this in mind, a team at the Clinpath Pathology laboratory in Adelaide collated test results over a 12-month period, from blood samples of pregnant women who were referred for a vitamin D test by their doctor.

This data, collected in 2018, was presented at the Australian Association of Clinical Biochemists' Annual Scientific Conference earlier this month and shows a third of pregnant women in South Australia are vitamin D deficient.

Current guidelines state that only women deemed high risk should have vitamin D levels tested.

This includes women with darker skin such as those from Aboriginal, African or South Asian backgrounds, newly arrived refugees, and those whose sun exposure is severely limited, including veiled women.

However, it can be difficult for health professionals looking after pregnant women to know when a woman might be at risk of low vitamin D. Low levels are relatively common in the general population, plus there are many factors affecting sun exposure and vitamin D absorption, including the seasonal and geographical differences.

The study was led by Dr Devika Thomas, Medical Director and Director of Chemical Pathology at Clinpath, she said:

"Vitamin D deficiency is not uncommon in the general population in Australia but current guidelines for testing in pregnancy cover a limited group of women. We wanted to find out if vitamin D deficiency is identified and corrected during pregnancy. We found that 22% of the women tested at 28 weeks as per guidelines are still deficient."

Of the 1,352 pathology referrals that were included in the study, there were only 575 that included a request for vitamin D testing. This equates to 43 per cent which is consistent with the proportion of women deemed high-risk in previous studies using comparable demographics.

Current South Australian guidelines recommend that low-risk women should take daily supplements containing 400IU of vitamin D.

Women deemed at high risk of deficiency should be tested at their first antenatal visit and begin taking daily supplements containing 1000IU of vitamin D.



For these women, test results should be checked at the next appointment and dosage reduced if levels are adequate. Women still found to have low vitamin D levels will continue on higher dose supplements and be tested again at 28 weeks. These results will determine if supplements need to be further increased.

Dr Thomas said, "This approach does not detect and treat all pregnant women who are deficient in vitamin D. The criteria for testing rely on some self-reported data and people may overestimate their sun exposure."

"Although we saw a slight rise in the rates of adequate vitamin D levels in the third trimester, this was not statistically significant, therefore even in those who were deemed high-risk and tested in the first trimester, the majority are still deficient by the third trimester."

Vitamin D in the mother's blood needs to be up to the recommended level by week 28 of pregnancy in order for a baby to be born with an adequate level of stored vitamin D.

-end

References:

1. Daly RM et al. Prevalence of vitamin D deficiency and its determinants in Australian adults aged 25 years and older: a national, population-based study. Clin Endocrinol 2012. Access: <https://www.ncbi.nlm.nih.gov/pubmed/22168576>

Locations APP

Up to date and on the go...

Patients appreciate convenience in finding their way easily.

Clinpath operates over 140 licensed collection centres. If collection centre details are printed they are subject to change, so please refer patients to our patient app for verification of up to date operating hours.

The patient App is available for iPhone, iPad and Android devices. Visit the Apple App store or Google Play store and search for Clinpath to download.



Out & About

At the 2019 Leading Aged Services Australia Congress

Well attended by aged care providers and aged care service companies alike, Clinpath appreciated the opportunity to show our support to the aged care industry.

Charlie Robinson from Clinpath is pictured here with Ms Caroline Litster, Research Officer, End of Life Directions for Aged Care, Department of Palliative and Supportive Services.



New Triennium

Skin Audit 2020-2022

Designed to improve the quality of patient care and outcomes, the Sonic Healthcare Skin Cancer Surgical Audit allows referring doctors with an interest in skin cancer to participate in a comparative review of their personal findings against those of their peers and the wider GP cohort.

It is an independent, Australia-wide program with thousands of participating GP's. Contact your local client liaison rep to find out more information.



Electronic Ordering for Pathology tests = easy ordering

eOrdering is easy and already available in your software.

The enhanced pathology request screen streamlines ordering for clinicians.

We enable it, help you set up your favourites and then all you need do is select the tests and print the request.

Whether you use Best Practice or Medical Director, experience the benefits of electronic ordering for pathology tests. Ask how.

To discuss how, contact your Client Liaison or email us via busdev@clinpath.com.au

For assistance with eOrdering contact Clinpath IT Support via E: itsupport@clinpath.com.au or P: 08 8366 2059

Innovating pathology services to improve patient care

Brooke Kenny, Clinpath's Executive Pre-Analytics Manager says "This new service model typically targets low care residential aged care patients, independent living patients and home care patients through access to a highly skilled Phlebotomist who can integrate into the community setting."

As Aged Care providers continue to seek innovative models of care focused around the patient, Clinpath Pathology have released a new onsite pathology service for aged care operators, which specifically targets older South Australians living in their own homes, within independent community hubs or retirement villages.

Clinpath will continue to provide aged care mobile domiciliary services for those patients who are high risk or physically not able to attend a collection centre.

Clinpath will also continue to work with Residential Aged Care facilities to build and implement services that are tailored to the needs of the facility.

However, as service requirements continue to expand within the Aged Care sector and the need for choice of service grows, Clinpath Pathology are keen to tailor our own offerings to ensure they align with community needs - especially those needs which are of benefit to the primary recipient, ensuring patient care and service excellence are a primary focus at all times.

The Rembrandt Living Home Care & Health Centre at Green Fields (which includes the new Clinpath Pathology Service) officially opened in October.



Launch day for the Rembrandt Living Home Care & Health Centre at Green Fields



The Rembrandt Living Home Care & Health Centre at Green Fields



The challenge of codeine prescribing

Codeine-containing analgesics are often part of the management of acute and chronic pain. While effective, there is growing concern about the increasing use of prescription opioids in Australia and the increase in opioid-related harms.

A recent article in the MJA1 summarised various approaches to managing opioid use and emphasised the importance of reducing harms associated with use, whilst ensuring that patients who may clinically benefit, can continue to access opioid treatment.

There can be marked variability in how people respond to codeine.

Some may be unresponsive on substantial doses, while others are susceptible to codeine toxicity on standard doses.

A standard dose of codeine may not work for your patient, or may cause toxicity. A personalised approach to prescribing codeine-containing analgesics can help meet the needs of the individual patient effectively and responsibly.

The CYP2D6 gene and codeine metabolism

Codeine is a prodrug that requires bioactivation by a liver enzyme called CYP2D6 to form morphine.²

The amount of codeine converted into morphine by CYP2D6 varies from person to person. A patient's CYP2D6 'metaboliser status' can be predicted from genetic analysis of the CYP2D6 gene.

This information can inform the prescribing of the most suitable analgesic for that patient.

Genetic testing to inform analgesic prescribing

If a patient's CYP2D6 metaboliser status is known, there are international guidelines that can inform the choice and dose of analgesic for that patient to improve the effectiveness and safety.

CYP2D6 is a key enzyme in codeine metabolism.

However, there are many other genes involved in the absorption, digestion, metabolism and excretion of analgesics.

Patients likely to benefit from genetic testing to inform analgesic prescribing

Patients who have yet to take codeine for chronic pain. The test may predict the likely benefit and risks of codeine selection and inform dose selection.

Patients who have yet to take codeine for acute pain. There is growing international interest in pre-emptive testing, that is, testing a patient well in advance of any prescribing decisions being required. This may predict the likely benefit and risks of codeine selection to inform dose selection.

Patients taking codeine with limited benefit. The test may indicate whether an increased dose or selection of a different analgesic is likely to benefit the patient.

Patients taking codeine with unwanted side-effects. The test may indicate whether a reduction in codeine dose or selection of a different analgesic is warranted.



Professor Graeme Suthers
BSc (Med), MBBS, PhD, FRACP, FRCPA, GAICD
Director of Genetics, Sonic Healthcare (Australia)

Arranging a Sonic PGx Panel for your patient

The Sonic PGx Panel covers 10 genes involved in drug metabolism and the report provides detailed prescribing information for more than 90 different medications.

The test can be performed at any Sonic Healthcare pathology collection centre nationally.

Complete a Pharmacogenomic (PGx) Panel Request Form or request the 'Sonic PGx Panel' using your local pathology request form.

Please specify the patient's current and proposed medications, together with any adverse drug reactions or lack of efficacy.

A blood sample is the preferred method of DNA collection; buccal swabs can be used by prior arrangement.

Medicare does not cover the cost of the Sonic PGx Panel and your patient will receive an invoice.*Please refer to the Sonic Genetics website, www.sonicgenetics.com.au/pgx for current pricing.

The test turnaround time is 2 weeks.

For further information, contact Jill Hall, our South Australian Sonic Genetics Product Specialist via

jhall@clinpath.com.au



Our Doctors' Newsletter contains articles focusing on current news, issues and recent developments in pathology.

Suggestions from you, which we invite wholeheartedly, are the best guarantee that our Doctors' Newsletter becomes a resource of maximum possible interest, information and relevance.

If you have topics you would like to suggest, please contact Charlie Robinson, Marketing and Communications via crobinson@clinpath.com.au

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