



## Breast Academy Pacific Private Aesthetic Fellowship

The Breast Academy at Pacific Private Hospital is a multi-disciplinary patient focused clinic providing an affordable Australian alternative to overseas cosmetic surgery tourism. It is based at Pacific Private Hospital, a fully accredited 5-theatre facility on Australia's Gold Coast. The Academy employs an evidence based approach to aesthetic surgery and all our surgeons are fully qualified Plastic Surgeons. In addition, throughout the fellowship there is VMO opportunity at the new Gold Coast University Hospital.

The goal of the Breast Academy Fellowship program is lifelong learning and continued professional development with a focus on breast augmentation and aesthetic breast surgery. Our mentoring program allows Plastic Surgeons wishing to further build on skills gained during SET training to draw on the technical experience of senior surgeons.

The Breast Academy fellowship is unique in that it provides an opportunity for "hands-on" training by experienced plastic surgery mentors and access to a large number of cases. All program applicants must have successfully completed the FRACS (plastics) or its equivalent.

## Faculty

### **Directors/Senior instructors**

Craig Layt  
Luke Stradwick

### **Medical Director**

Kim Chan

### **Psychologists**

M.A.D Consulting



## Outcomes

Upon the completion of the program fellows will be comfortable with all aspects of aesthetic breast surgery including:

- Fellows will become an integral part of the multi-disciplinary team and need to collaborate with all team members including anaesthetists, nursing staff psychologists, and administrative staff.
- They will develop a deeper understanding of the psychological aspects of aesthetic breast surgery and work closely with the BA psychology team to identify at risk individuals pre-operatively including those with BDD and other anxiety disorders that impact on the consent process.
- Anaesthetists with extensive experience in managing aesthetic surgery patients will provide guidance on managing pain in patients undergoing aesthetic breast surgery with a particular focus on the use of regional anaesthesia and post-operative analgesia.
- Experienced perioperative nursing staff will provide guidance on surgical equipment, theatre setup and operating list flow.

They will refine their ability to effectively communicate with patients and understand their needs, and learn techniques for establishing rapport while being respectful of privacy. They will learn to adapt their communication strategies depending on the special needs of the individual patient. Discussing with other senior surgeons how to manage a difficult patient and also strategies for refusing/denying surgery when risk assessment dictates also makes up part of the education program.

The principles of the Breast Academy are to advocate for aesthetic breast surgery to be performed by well-trained and qualified Australian plastic surgeons in Australia with appropriate follow-up care. Fellows will be expected to adopt this ethos and carry it forward into their careers as surgeons and teachers sharing their knowledge where appropriate. Those surgeons completing the Breast Academy Fellowship program will be equipped with the skills to take a leadership role in defining the standard of care expected of those surgeons choosing to perform aesthetic breast surgery.

Fellows will learn to minimize patient risk by selecting the correct device for an individual patient taking into consideration all bio-psycho-social factors, primarily through considered planning algorithm. Critically they will become proficient in managing patient expectations and confidently identify when not to operate.

Fellows will be expected to assume a lead role in the theatre environment with respect to surgical safety and team efficiency. They will be exposed to the practical realities of managing a small business and be familiar with basic HR functions, including staff management, payroll and OHS. They will also learn the use of basic accounting software. There is also a pathway to become Breast Academy instructors and assume a leadership role as teachers if appropriate.



Fellows will be comfortable in all aspects of pre-operative medical work up liaising with our medical colleagues and anaesthetists to ensure medical appropriateness for an aesthetic procedure. Gain knowledge of the various types of devices available and the history of their use. Understanding the complications of breast implants and their management. Understand the critical role of informed consent and central role of the patient in the decision making process. Understand the unique medico-legal environment of aesthetic surgery. Develop an appreciation of the balance required to run a business while maintaining high ethical standards.

Fellows will be expected to actively participate in Breast Academy clinical and research activities including weekly topic presentations and present a paper at the ASAPS annual meeting. Fellows will be encouraged to continue a relationship with the academy after successful completion of the program by either continuing their own learning, or assuming a more active teaching role in the Academy. Graduates of the breast academy fellowship will be in a strong position to act as supervisors of SET trainees with respect to aesthetic surgery.

They will need to demonstrate technical expertise in performing breast augmentation to an external examiner and satisfactorily complete an exit exam to receive Breast Academy certification.

Curriculum examined includes:

- Patient assessment
- Common psychological disorders
- Vectra and clinical photography
- Operative technique
- Avoiding and managing complications
- Difficult cases
- Peri-operative anaesthesia and pain relief
- Medico legal issues