Description of Service:

Tertiary Level Breast and Endocrine Services are provided at both Lyell McEwin Hospital (LMH) and Modbury Hospital. One Stop Breast Clinic is provided at Modbury Hospital. The LMH will provide the Central Referral Point for the One Stop Breast Clinic fax number 8182 9499. Surgical services in the North of Adelaide are coordinated across the Lyell McEwin Hospital and Modbury Hospital with complex multiday stay procedures managed at the LMH. Day surgery procedures are coordinated across Modbury Hospital and LMH with a focus towards Modbury Hospital.

Scope of Service:

- Benign and Malignant Breast Disorders
- Thyroid Disease
- Parathyroid
- Adrenal Adenoma
- Parotid/Salivary Glands

Conditions Seen Include:

- Benign and Malignant breast conditions
  (Please refer to the "One Stop Breast Clinic" Fax Number 8182 9499 for above symptoms)
- Head and Neck Masses
- Thyroid / Parathyroid Disease
- Adrenal Adenoma
- Neuroendocrine Tumours
- Splenomegaly (Haematology)
- Infusaport insertion for long term vascular access

Exclusions:

- Cosmetic Breast Surgery

Referral Criteria:

- Please include copies of all reports and results
- Patients are seen based on the urgency, as judged from the referral, so referring doctors are urged to give a full and detailed referral to ensure that this is equitably managed.

NALHN prefers all referrals to be named to a clinician providing the service (see list below)

<table>
<thead>
<tr>
<th>URGENT</th>
<th>SEMI-URGENT</th>
<th>NON-URGENT/ROUTINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target &lt; 1month</td>
<td>Target &lt;3months</td>
<td></td>
</tr>
<tr>
<td>&gt; Breast symptoms</td>
<td>&gt; Thyroid/parathyroid symptoms</td>
<td>&gt; N/A</td>
</tr>
</tbody>
</table>

Acknowledgement: Content for this document was primarily sourced through the SALHN Specialty Outpatient Guidelines 2014/15
Consultants

Lyell McEwin Hospital
> Dr S Prasannan (Head of Unit)
> Dr G Otto
> Dr S Singh
> Dr S Rice

Modbury Hospital
> Dr B Fosh
> Dr J Roberts

For More Information or to Make a Referral
Lyell McEwin Hospital OPD
Location: Ground floor
Referral Fax Number: 8182 9499
Phone Number: 8282 0255
Phone Number: via LMH Switchboard 8182 9000

**One Stop Breast Clinic**

- **Definition:** An assessment appointment for patients with new breast symptoms. This clinic will provide a basis for definitive diagnosis in the majority of patients.
  - Patients will be seen by a breast surgeon.
  - Attend the medical imaging department to have additional x-rays, ultrasound and or biopsies if required.
  - Return to the breast surgeon post diagnostics to receive the results, depending on the tests ordered and have a treatment plan developed where possible.

<table>
<thead>
<tr>
<th>Information Required</th>
<th>Investigations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Past history</td>
<td>Mammogram and ultrasounds can be organised at the OSBC</td>
</tr>
<tr>
<td>Presenting Issue</td>
<td></td>
</tr>
<tr>
<td>Previous test results</td>
<td></td>
</tr>
</tbody>
</table>

**Suggested GP Management**

- Please include relevant information to enable accurate triage by the consultant and refer the patient to the NALHN “One Stop Breast Clinic”.

**Clinical Resources**

- [National Breast Cancer Foundation](#)
- [Cancer Council Australia](#)
- [Breast Cancer Network Australia](#)
- [Australian Government (Breast Cancer)](#)
**Head and Neck Masses**

- **Definition:** Understanding the basic evaluation of the neck mass is essential in determining when a mass is significant, or potentially malignant. Most neck masses are secondary to enlargement of lymph nodes. Palpable masses of the thyroid are relatively common.

<table>
<thead>
<tr>
<th><strong>Information Required</strong></th>
<th><strong>Suggested Investigations</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient history</td>
<td>Ultrasound</td>
</tr>
<tr>
<td>Smoking and alcohol intake</td>
<td>Chest X-ray</td>
</tr>
<tr>
<td>Features of neck lumps</td>
<td>TFT’s</td>
</tr>
</tbody>
</table>

**Clinical Presentations**

- Rapidly enlarging mass
- Past history of lymphadenopathy
- Dysphagia

**Suggested GP Management**

- Please include relevant information to enable accurate triage by the consultant.

**Clinical Resources**

> Australian Government (Head & Neck Cancer)
**Thyroid / Parathyroid Disease**

- **Definition**: Common thyroid disorders may include multinodular goitre, solitary thyroid nodules or thyroiditis. Parathyroid disease may be primarily secondary and tertiary.

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**Information Required**

- Patient history
- Neck swelling
- Compressive symptoms – difficulty swallowing, difficulty breathing.
- Hoarseness of voice

**Suggested Investigations**

- TFT’s/Antibodies
- Parathyroid (PTH/Ca blood tests)
- Vitamin D levels
- Ultrasound
- FNA biopsy
- CT Scan

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**Clinical Presentations**

- Stridor associated with a thyroid mass – **Refer urgently to the Emergency Department**

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**Suggested GP Management**

- Please include relevant information to enable accurate triage by the consultant
- Refer urgently to Breast and Endocrine clinic any suspicious lesions or compressive symptoms.

**Clinical Resources**

> Australian Government (Thyroid Cancer)
### Adrenal Adenoma

- **Definition:** This is a type of non-cancerous tumour on the adrenal gland. Most do not cause any signs and symptoms and will not require treatment. However some may become active or functioning and will require further investigation prior to surgical intervention.

<table>
<thead>
<tr>
<th>Information Required</th>
<th>Suggested Investigations</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Patient history</td>
<td>• Blood tests Serum K+</td>
</tr>
<tr>
<td>• Results of earlier medical tests</td>
<td>• Urinary catecholamine tests</td>
</tr>
<tr>
<td>• Blood pressure results</td>
<td>&gt; 24 hour urine sample</td>
</tr>
<tr>
<td></td>
<td>• Serum cortisol</td>
</tr>
</tbody>
</table>

### Clinical Presentations

- Hypertensive crisis
- Hypokalaemia

### Suggested GP Management

- Please include relevant information to enable accurate triage by the consultant
- Refer urgently all functioning lesions to Breast and Endocrine clinic.
- Refer urgently all adrenal masses ≥ 2cms for workup.
- Refer non-functioning adenomas to the Breast and Endocrine clinic for ongoing surveillance

### Clinical Resources

> Australian & New Zealand Endocrine Surgeons/Adrenal Glands
Neuroendocrine Tumours

Definition: A neuroendocrine tumour begins in the hormone producing cells of the body’s neuroendocrine system.

Information Required
- Age and medical condition
- Type of tumour suspected
- Signs and symptoms
- Previous tests results

Suggested Investigations
- Blood and 24 urine test
- Xray

Clinical Presentations
- Hypertension
- Hyperglycemia
- Hypoglycemia
- Persistent pain in a specific area
- Loss of appetite or weight loss
- Persistent cough or hoarseness

Suggested GP Management
- Please include relevant information to enable accurate triage by the consultant.

Clinical Resources
- Australian & New Zealand Endocrine Surgeons/Neuroendocrine-glands