

**avenue**  
health



A unitary concept embracing  
expertise in skin medicine and surgery.

Avenue Health gives recognition to the importance  
of a safe and healthy environment for patients and  
staff in the new Christchurch environment.

Avenue Health will meet New Zealand earthquake,  
fire and flood plane standards required for a health  
facility with medical, surgical and laser clinics.

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Avenue Health is a modern specialist  
medical and surgical facility in a  
well recognised Bealey Avenue location.

Designed as a centre of excellence, Avenue Health provides a state of the  
art environment for skin cancer surgery, plastic and cosmetic surgery,  
skin laser surgery and cosmetic medicine and dermatology.

This will be a facility with specialist expertise across a wide field.

# Facilities

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Avenue Health offers an attractive professional environment for specialists who have interests in skin medicine, plastic and cosmetic surgery and in skin aesthetics.

Avenue Health includes a surgical suite with two operating theatres, a laser procedure room and a Solais™ skin laser treatment clinic. There are also pathology facilities for micrographic surgery. Consulting and office space is available on both the ground and first floor levels. Key tenancies have been secured for the ground floor at this stage.

The Avenue Health facility is appointed to meet New Zealand medical and ISO day stay surgical standards.

The building completion date is for November 2015.

**WILSON & HILL**  
ARCHITECTS LTD

Premier Christchurch architects with an impressive body of work Wilson & Hill marry function and aesthetics to create a new standout Bealey Avenue property.

**LEIGHS**  
CONSTRUCTION

Leighs Construction are Christchurch's most modern and 'go ahead' large builder with extensive experience of delivering health facility projects on time.

2 Operating Theatres  
Laser Procedure Room  
Pre-op Rooms  
Recovery Area  
Sterile Stores  
Sterilisation area  
Pathology  
6 Consultation Rooms  
2 Treatment Rooms  
Solais Laser Suite  
Phototherapy Room  
LED Room  
Staff Room  
Conference Room  
Offices & Reception  
First floor 360m<sup>2</sup>

## Confirmed tenants

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Avenue Health will provide a 'standard of care' environment for skin specialists and will cater to all facets of skin medicine and surgery including cosmetic and laser procedures. Confirmed ground floor tenants are KM Surgical, Dermatology Associates and Solais Lasers.

### KM Surgical

KM Surgical, a well established Christchurch specialist skin practice, is the cornerstone tenant with expertise in medical and surgical dermatology, cosmetic medicine and surgery, and laser skin surgery.

### Dermatology Associates

Dermatology Associates brings the expertise of medical and surgical dermatologists and links to Christchurch Hospital.

### Solais

Solais is a skin laser treatment facility with a full range of vascular, pigment and resurfacing lasers which are available on site to credentialed practitioners.

**Avenue Health is an affiliated provider with Southern Cross Health Society for skin consultations and skin cancer surgery.**

Letable space is available on the first floor for specialist practitioners.



**Dermatology  
associates**

**solais**   
New Zealand Laser Skin Specialists





Operating facilities (OR1)

# Current trends in skin medicine and surgery

The diagnosis and treatment of skin lesions and disease requires good lighting and an effective interface between consultation and diagnostic procedures such as skin analysis and biopsy. At Avenue Health the consultation rooms are ideally appointed for this and are set up for specialist use.

Recent advances in the management of skin cancer and cosmetic surgery emphasise effective, quick recovery procedures, carried out under advanced local anaesthetic techniques. Tumescant anaesthesia, tissue glues and contact cooling systems have improved outcomes and patient safety. More complex skin cancers can be removed with margin controlled surgery (Mohs surgery) and sentinel node mapping assists staging and identification of regional cancer spread.

Tumescant liposuction under local anaesthetic is a huge advance in body contouring and large lipoma treatment and

further refinements such as Vaser Lipo™ and power assisted Lipo Microaire™ are available for use by specialists in the Avenue Health theatres.

Medical dermatology has seen advances in new medications particularly the biologic agents and in diagnostic and treatment modalities including light based interventions.

Recent trends in medicine and surgery are towards multi-disciplinary practice and the management of patients in a single, comfortable and professional, but personalised environment which Avenue Health offers.

From a health and safety perspective, the Avenue Health building is designed to exceed New Zealand standards for natural disasters (earthquake, fire, flood) and power interruption, and meets requirements for day stay surgery.\*

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## \* NZ STANDARDS

**NZS8164-2005** Day-stay surgery and procedures

**NZS8165-2005** Office based surgery and procedures

**NZS8134-2008** Health and disability services

**NZS3003.1-2003** Electrical installations – Patient areas

**NZS4304-2002** Management of healthcare waste

**NZS8141-2001** Restraint minimization and safe practice

**NZS8142-2000** Infection Control

**AS/NZS1336-1997**

Occupational eye protection

**AS/NZS1337.5-2004** Eye protectors – Laser work

**AS/NZS2211.1-2004** Equipment classification

**AS/NZS2500-2004** Safe use of electricity in patient care

**AS/NZS4146-2000** Laundry practice

**AS/NZS3551-2004**

Technical management programs for medical devices

**AS/NZS3760-2003**

Safety inspection and testing of electrical equipment

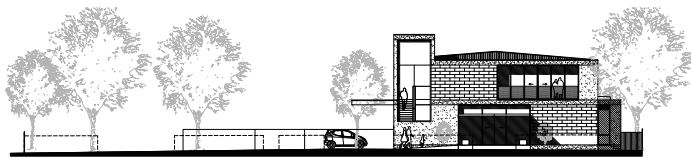
**AS/NZS4146-2000**

Laundry practice

**AS/NZS4187-2003** Cleaning, disinfecting and sterilizing surgical equipment – maintenance of associated environments.







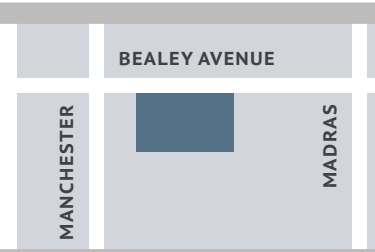
VIEW FROM BEALEY AVE



EAST VIEW (FACING MADRAS STREET). CAR PARK VIEW

## Location

202 Bealey Avenue  
Christchurch



Avenue Health is located on the edge of the central city in Bealey Avenue on the convenient 'city side'. This area can be considered the alternative 'health precinct' being in close proximity to Southern Cross Hospital, Forté Health, Specialists at 9, the After Hours Surgery and other medical and dental practices. Access to this facility is excellent with plenty of landscaped car parking and tree lined ambience with pin oaks, liquidambar, magnolia and cherry blossom trees of over 30 years establishment.



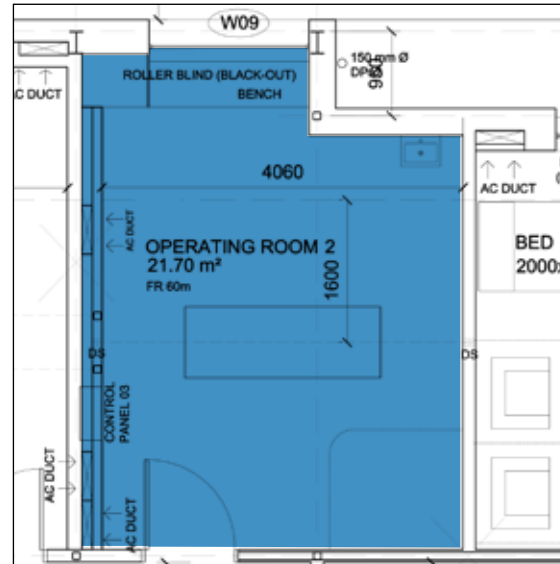
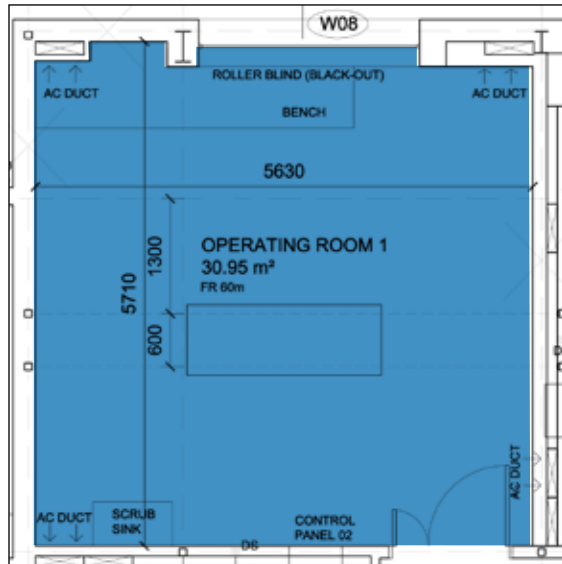
Reception viewed from Bealey Avenue entrance

# Ground Floor

The Ground Floor is welcoming, with carefully considered design elements. The entry from landscaped car parking is through glass doors to separate first floor access by open stairs (Bealey Avenue outlook). There is also elevator access to the first floor. The front entry (north facing) references Bealey Avenue via a spacious foyer. Reception and office space are centrally located with clinical areas stepped to the back of the building which lead to the laser and surgical suites.



## Operating Theatres



Both operating rooms (theatres) have high quality air conditioning at positive pressure with high efficiency particulate air (HEPA) filtration and gas scavenging for optimal operating environments.

The operating light systems have Skytron technology and pendants which deliver functionality from a single centre mounted configuration holding both an articulated Skyboom pendant for medical gasses, suction, power and electrosurgical and monitoring devices. Skytron Nautilus LED surgical lights with 4300k colour temperature and colour rendering >95% with focus capability and intensity control.

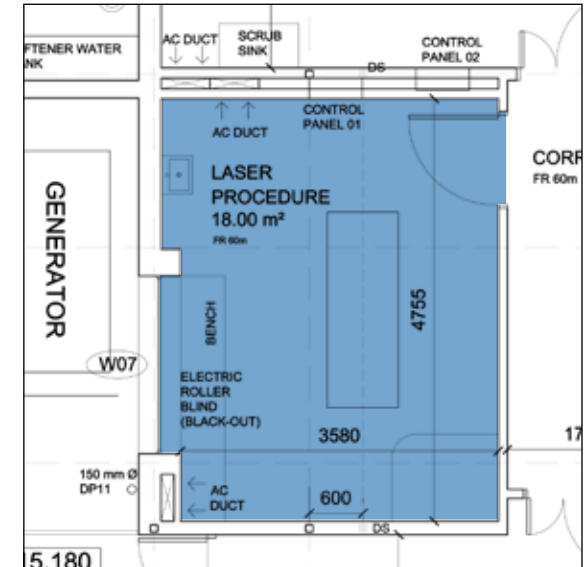
The main theatre (Operating Room 1) is configured for general anaesthetic procedures with the option of an anaesthetics pendant.

Modern theatre design gives clean lines and ease of use with careful attention to all health and safety standards. Surfaces are washable including the ceiling lighting.

High wall windows provide a natural look and effective daylight mix and have interstitial blinds.

Air temperature, quality and humidity can be adjusted via theatre panel controls. Air changes are 20 per hour with a 50% clean air mix to meet NZ operating theatre standards.

## Laser Procedure Room



The laser procedure room is specified to enable use of the carbon dioxide laser (Ultrapulse Encore™) and the pulsed dye laser (V beam Perfecta™) vascular laser.

Due to a high volume extract capability this theatre does not have HEPA filtration or positive air pressure but is ideal for laser and shorter surgical procedures and still has high quality air with 20 room changes per hour.

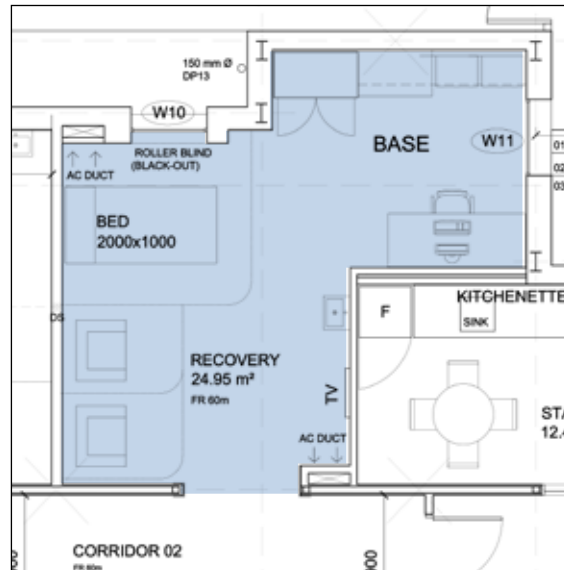
The ceiling mounted LED light is located centrally but pendants are excluded to prevent conflict with articulated laser arms.

## Pre-op



There are two pre-op bays for surgical pre-assessment. These bays are also equipped with oxygen and suction and can be used post-operatively as well. All patient areas have nurse and emergency call systems.

## Recovery



The post-op environment has facilities with 'lazy boy' chairs and a trolley bay facing the nurse base. This area has oxygen and suction and can cater for general anaesthetic recovery and for any extended recovery after other procedures such as skin resurfacing where periods of assisted air cooling is required.

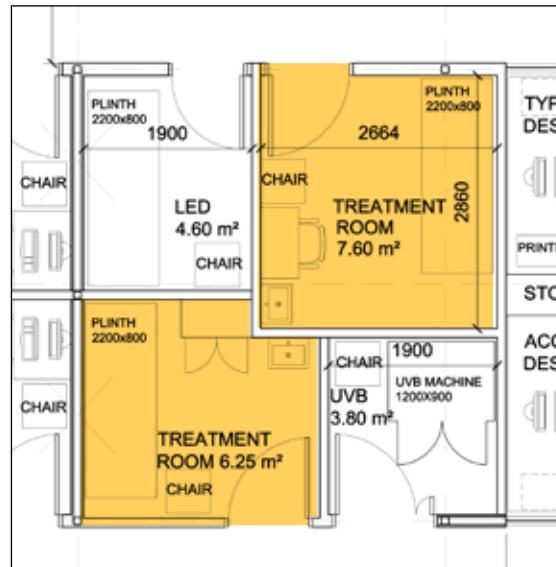
## Solais™ Laser Rooms



These rooms house the **Excel V™** vascular laser (**Nd:Yag 1064nm** and **KTP 532nm**) used for unsightly veins and broken capillaries and the **Revlite SI™** Q-switched laser used for pigmentation disorders and tattoos.

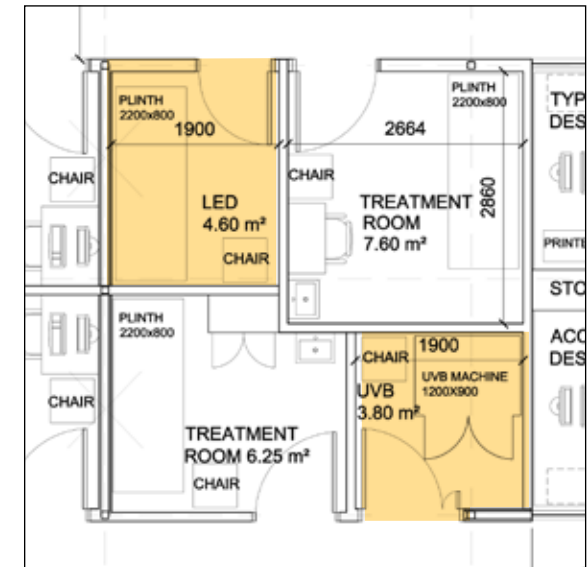
Other lasers (**Fraxel Dual™** and **Cureda™**) include the holmium 1927nm fractional laser. The non-ablative **ResurFx™** laser 1565nm is used for skin textural problems and superficial resurfacing and the **LightSheer Duet™** diode 800nm laser for hair removal.

## Treatment Rooms



These are multi-purpose treatment rooms for patient lesion assessments and for 'in and out' procedures such as suture removal, biopsies and dressing changes.

## LED, Phototherapy Room



Narrowband UVB phototherapy is the 'standard of care' for certain dermatoses such as psoriasis and LED phototherapy with visible light and infrared is becoming increasingly useful for anti-inflammatory treatment of acne and other conditions. Phototherapy equipment includes the **Lumenis M22™** intense pulsed light (IPL) device and light sources for photodynamic therapy for superficial skin cancer (**Akilate™**).

## Pathology



The pathology area has a setup room with Leica equipment including a cryostat, slide preparation, eye station, chemical resistant surfaces, fume cupboards, chemical safe and deep sided sink.

Dual side by side Leica microscopes are located in the adjoining doctors' room which also has a write up desk.

This is an ideal setup to support margin controlled (Mohs) surgery for skin cancer removal.

## Sterile Stores and Sterilisation

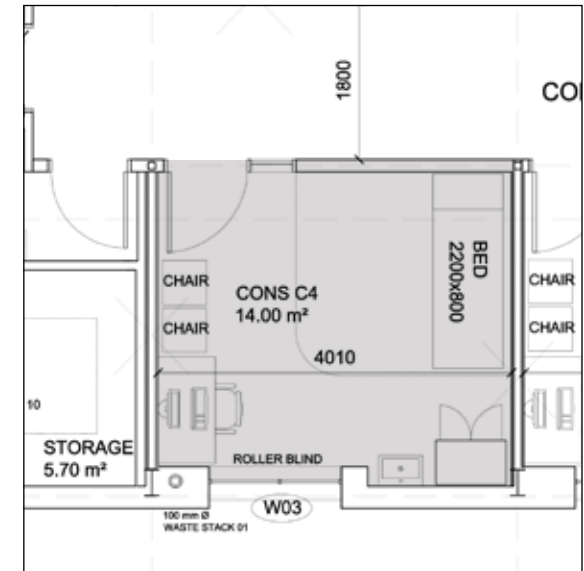


Avenue Health has two sterile stores to optimise storage for different surgical equipment.

There is also a dedicated 'pass through' Mercer instrument washer and a freestanding 250 litre autoclave which adheres to the most stringent sterilisation standards.

Other equipment in the decontamination area includes high pressure water for cavity instruments and ultrasonic cleaners. A separate water purification plant is connected and back up autoclave equipment is on site.

## Consultation Rooms



These are the 'heartbeat' of the building where doctor patient interviews occur and when diagnoses and treatment plans are generated. Each room is carefully configured with diagnostic equipment such as dermatoscopes and surgical setup for skin biopsy. The clinical plinths can be positioned as required and have electric hydraulic control.

Ceiling lighting is via LED panels giving 4000k illumination and >93% colour rendering. Additional ceiling mounted examination lamps are also available for close examination requirements. Expansive windows provide daylight which is filtered for UV and IR reduction. Cabinetry is lacquered and walls are washable in clinical areas.



First floor, viewed from reception

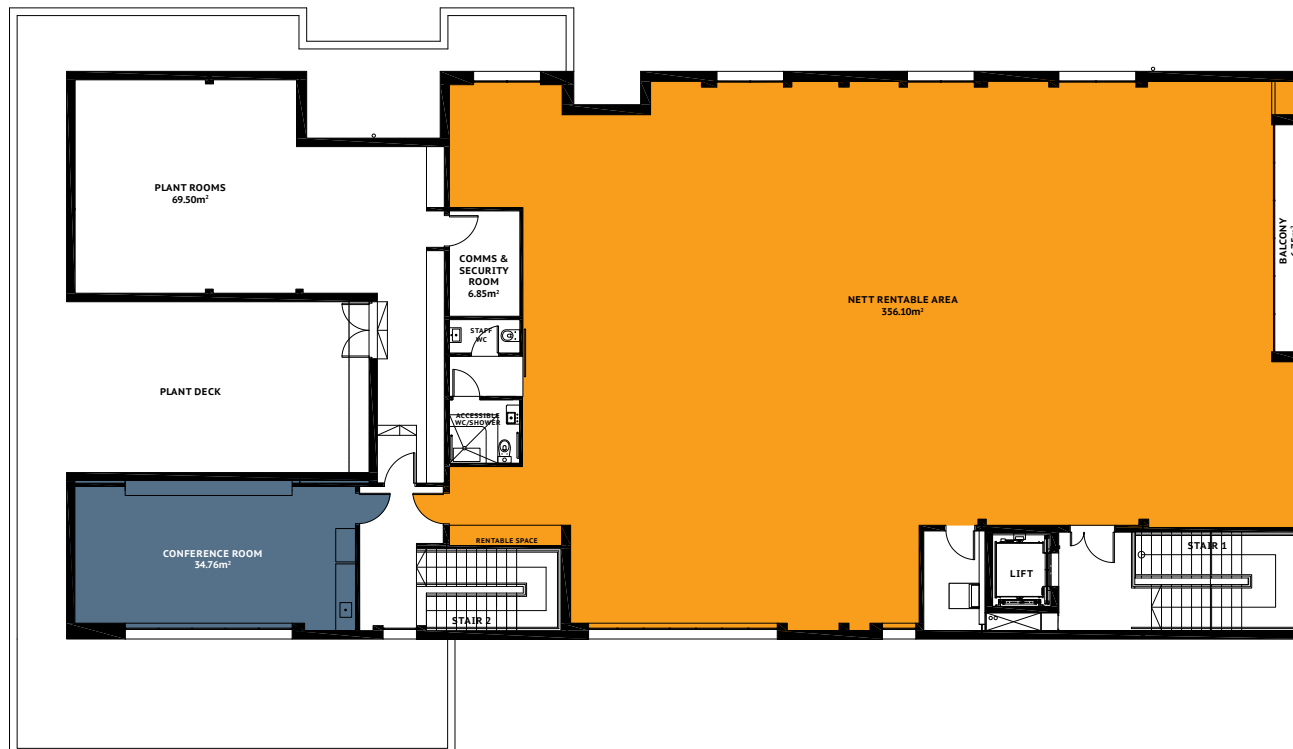


## Conference Room

The conference room/board room is located on the first floor and is available to all Avenue Health tenants. This is equipped with state of the art audio visual technologies.

## First Floor (lettable space)

Currently the first floor tenancy of 360m<sup>2</sup> is available for lease by specialists. Ideally these surgeons will avail themselves of the ground floor facilities for laser and surgical procedural work. A variety of configurations are available for the available space. These arrangements would suit FRACS plastic and other procedural specialists. There is the opportunity to pool resources around the reception arrangements and to have individual or group practices.



Confirmed Tenant 1



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**KM Surgical is directed by Dr Ken Macdonald,  
MB.ChB(Edin), FRACP, FRCP, FNZDS.**

Services include a wide range of medical and surgical skin interventions for skin cancer and other skin disorders based on sound dermatological and surgical principles.

In the aesthetic area KM Surgical has a particular surgical focus on local anaesthetic treatment of facial ageing with face lift and eyelid surgery and body and facial contouring with Vaser™ lipo. Skin resurfacing is also a particular interest. In the medical aesthetic area KM Surgical staff have expertise in dermal fillers, injectables and other skin rejuvenation techniques.

KM Surgical staff also use Solais™ lasers for treatment of pigmented, vascular and other disorders such as unwanted hair and tattoos and for photo-rejuvenation and treatment of keratoses and scarring from acne, burns and other trauma.

**For more information visit [www.kmsurgical.co.nz](http://www.kmsurgical.co.nz)**

Confirmed Tenant 2

# Dermatology associates

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Specialist dermatologists who are fully qualified with experience in medical and surgical dermatology. These specialists have association with the Department of Dermatology, Christchurch Hospital and are available by appointment for consultation at Avenue Health.

**For more information visit [www.dermnetnz.org](http://www.dermnetnz.org) and [www.dermatologyassociates.co.nz](http://www.dermatologyassociates.co.nz)**

Confirmed Tenant 3



Solais™ is a company with a ‘full range’ of current skin lasers and specialist medical and nursing expertise.

Solais™ lasers set the standard for skin laser treatments in New Zealand and are available for use by credentialed medical practitioners. The focus at all times is to maintain highest standards in what is currently an unregulated environment and also to develop a body of knowledge which can be accessed by medical and nursing practitioners nation wide.

Solais™ will accept both medical practitioner and self directed referrals and will be able to give advice on a wide range of skin treatments, not limited to lasers, and based on sound diagnostic process and specialist expertise.

**For more information visit [www.solais.co.nz](http://www.solais.co.nz)**

## Solais™ Lasers – Summary Sheet

LASER CATEGORY	LASER TYPE	LASER BRAND	SKIN CONDITIONS
Vascular	Pulsed dye laser 595nm Nd:YAG 1064 laser KTP 532 laser	V Beam Perfecta™ Cutera Excel V™	Port wine stains Angiomas Telangiectasia Blue leg & facial veins
	Intense pulsed light (IPL)	Lumenis M22™	Rosacea/facial erythema
Pigment	Q Switched laser	Revlite SI™	Solar lentigines Solar dyspigmentation
	Thulium 1927nm laser	Fraxel Dual™, Cureda™	Melasma Naevus Oto, Ota, Hori
Tattoo	Q Switched laser 1064, 532, 650, 585nm	Revlite SI™	Black, red, blue, green Amateur, professional, traumatic
Photo-rejuvenation	Intensed Pulsed Light (IPL)	M22™IPL	Photo damage and Dyspigmentation
	Thulium laser 1927nm CO <sub>2</sub> laser 10,600nm Erbium glass 1565nm	Cureda™ Active FX™ ResurFX™	Texture and fine lines
Resurfacing	CO <sub>2</sub> laser 10,600nm Ablative fractional	Ultrapulse Encore™ Active FX™, Deep FX™ Scaar FX™	Facial lines and texture Acne scarring Burn & traumatic scars
	Erbium glass 1565nm Non-ablative fractional	ResurFX™ Fraxel Dual™	Keratoses Superficial scars & lines
Hair reduction	800nm long pulsed diode laser	LightSheer Duet™	Darker hair Hirsutism
Lesions	CO <sub>2</sub> laser collimated & or focussed	Ultrapulse Ecore™	Warts & papillomas Syringomas/other adnexal
	Pulsed dye laser	V Beam Perfecta™	Angiofibromas
Infections	1064nm micropulsed	Lasergenesis™	Onychomycosis

For more information refer to the Solais™ booklet or visit [www.solais.co.nz](http://www.solais.co.nz)



# Special Information

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Learn more about this  
unique opportunity  
in Christchurch

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## Avenue Health will become Christchurch's pre-eminent Specialist Skin Centre and is a purpose built development designed for Dermatologists, Plastic Surgeons and other Specialists with skin and subcutaneous tissue expertise.

Scheduled for completion in November 2015, Avenue Health will be a modern, high standard facility with an interdisciplinary focus on skin medicine and surgery. This approach recognises that the boundaries between skin specialities are indistinct and that both patient and practitioner can benefit from an integrated approach.

The Avenue Health project aims to create a professional environment where practitioners across distinct skin specialisations can operate independent practices in a state of the art facility, while benefitting from association with the Avenue Health brand, support network and infrastructure.

Avenue Health will be a well-resourced entity underpinned by sound business principles and effective governance. A policy of reinvestment will ensure an on-going and up to date focus, with an emphasis on staff education and innovation. A pro bono and community connection will also be integral.

Excellence and progression are values that permeate through the Avenue Health project. These values will be reflected in the design and layout of the new premises. The building will utilise a centralised building management system to maintain energy efficiency. Landscaping in turn will be elegantly designed and well maintained.

# Quality control

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Avenue Health will have systems in place to ensure quality is maintained with infrastructure and risk management to meet medical and surgical operating standards.

## Infrastructure and Risk Management

- Body protected electricity supply with residual current detectors, sealed lighting, uninterrupted power supply (UPS) and generator back up with capacity to run key areas of the facility for up to 6 hours. Surge protection and self contained single point unit (SPU) emergency lighting and signage. 16amp (single and 3 phase) and 32amp power for medical equipment. Electrical load control monitoring via the BMS.
- Nurse, emergency, distress call and CCTV monitored security system. Person to person contact systems.
- LED lighting in clinical areas with colour rendering to assist accurate skin tone assessment. Additional Waldmann magnified lighting and ceiling mounted wide field examination lights. Daylight control in all areas with high wall windows and automated interstitial blinds.
- Reticulated medical gases in all patient areas fitted with an automatic manifold changeover system (4 and 7 bar air available in operating rooms). Anaesthetic gas scavenging and vacuum plant complete the medical gas systems delivered via pendants in operating rooms.
- Washer decontaminator, cavity instrument cleaner and high capacity 250li steam autoclave with backup. Water quality maintained via a water softening plant.
- Climate control and air handling systems with humidification modulation and high efficiency particulate air (HEPA) filtration installed in operating rooms and the central sterile supply department sterile stores (CCSD). Air quality control in these areas with positive air pressure (laminar flow), minimum 20 air changes per hour (ACH) with up to 50% fresh air mix mode changeable via operating room (OR) touch panels.
- Pathology laboratory with Leica UV cryostat, eye station, slide preparation bench, fume cupboard extract and microscopes. A procedure room with high level boost extract fan and additional point to point extract for CO<sub>2</sub> laser smoke plume.
- Fire protection with sprinkler system, smoke and heat alarms, fire rated walls with smoke and acoustic sealing. Three fire separated zones with strobe illuminated evacuation pathways.
- Seismic structural safety standards met with steel braced building construction on cement crust stabilisation.

# Quality control

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## Health and Safety

Proposed changes to Health and Safety legislation will see increased liability to business owners for workplace accidents. This legislation is likely to come into effect from April 2015. Avenue Health as a new business will be in a position to draft their protocols and design their trainings with this in mind. All staff using surgical and laser equipment in the clinical and pathology areas will have specific training and be subject to these protocols.

## Cosmetic and Self Funding Patients

Avenue Health will provide a cost effective environment for many cosmetic surgical procedures. This provides significant benefit for patients who are uninsured or self-funded. To assist in cost effectiveness, the Avenue Health approach embraces modern advances which minimise the requirement for longer sedation and general anaesthetic procedures.

## DHB, ACC, Foundation Funding

Avenue Health businesses will be positioned to contract for the management of a number of conditions, both surgical and medical, due to onsite expertise, high facility standards and equipment such as vascular and CO<sub>2</sub> lasers.

## Insurance Providers

Understanding affiliation and preferred provider options with insurance companies will be an ongoing challenge for our specialists. Avenue Health will meet facility standard requirements mandated by insurers and will have well tested systems in place to provide a safe environment for patients and health professionals. Avenue Health will have the benefits of high quality operating facilities tailored to cater for a wide range of skin surgical procedures. We recognise the importance of taking on both insurance and self funded work in a cost effective way.

## Credentialed Medical Personnel

Avenue Health has its own credentialing system for medical personnel that work in the facility.

## Credentialed Nursing Personnel

Nursing staff are credentialed for clinical practice with non ablative lasers and injectables. All staff have up to date resuscitation and laser safety certification.

Avenue Health is designed as an optimal environment for surgical treatment of the skin and subcutaneous tissues. Suitable for both longer and shorter surgical procedures.

Examples of surgeries at Avenue Health:

- Skin cancer surgery including Mohs surgery
- Facial plastic and cosmetic surgery (rhytidectomies, blepharoplasties, otoplasties etc)
- Liposuction, fat transfer and lipoma surgery including VASER™ and PAL procedures
- Varicose vein and vascular anomaly surgeries
- Reconstructive plastic surgical procedures
- Hand, tendon and carpal tunnel surgeries
- Laser resurfacing and scar procedures
- Facial, breast and implant surgeries
- Mucous membrane and vasectomy surgeries.

Solais™ Lasers:

- V beam Perfecta™  
Pulsed dye laser 595nm
- Excel V™  
Long pulsed Nd:YAG 1064nm and  
KTP 532nm laser
- RevLite SI™  
Q switched laser 1064, 532, 650, 585nm
- Ultrapulse Encore™  
CO<sub>2</sub> laser 10600nm, ablative fractional,  
collimated and focussed/cutting,  
DeepFX, ActiveFX & ScaarFX,
- LightSheer Duet™  
800nm diode hair removal laser
- ResurFX™  
Erbium glass 1565 fibre laser
- Fraxel Dual™  
1550nm & Thulium 1927nm laser
- M22™  
Intense pulsed light (IPL)

Specialists, specialist groups and specialist businesses will have a relationship with Avenue Health that will enable them to maintain their own brand and identity under the Avenue Health umbrella. All signage proposed for the building will reflect this. For example 'Dermatology Associates at Avenue Health'; 'Solais at Avenue Health'.

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Options for association with Avenue Health bring with them different benefits:

- Consulting facilities - Integrated, Private, Co-share
- Operating theatres and infrastructure
- Solais™ lasers
- Pathology facilities

# Association options for specialist medical practitioners

## Consulting Facilities

### 1 Integrated Association

The Integrated Association will cater for individual specialists or small groups of specialists. Consulting space will be available to lease for independent clinical practice on the first floor of Avenue Health in an attractive, well lit environment serviced by both elevator and open stairway access from the landscaped parking. These first floor facilities could be personalised during fit out. There will also be conference and lecture facilities available to specialists.

While there will be a relationship between the specialist's practice and the wider Avenue Health Group this option allows complete independence while providing the benefits of collegiality and 'in house' referrals. Efficiencies of scale will be realised in part due to likely cost reduction from shared front desk, administration and secretarial services.

The integrated specialist option will secure access to all Avenue Health operating, pre-operative, post-operative and sterilisation facilities. Advantages here lie in the quality of

this infrastructure which meets full day surgery standards and insurance company criteria. First floor consultation space will be available on a base lease to be agreed on normal commercial terms and there will be an opportunity for specialists to pro-actively influence the development and character of Avenue Health.

In this association additional to the base lease it is likely these specialists will use the operating facilities where theatre fees will be at very competitive rates. Advantages here lie in cost effective surgical theatres with general anaesthetic capability and procedure rooms for skin cancer surgery and cosmetic surgeries where insurance may not apply. Access to Solais™ lasers will also be available to Avenue Health specialists by arrangement.

*An Integrated Association would suit plastic surgeons, procedural dermatologists and other surgeons working in skin, hand or vein specialities.*

## 2 Private Association

Medical practitioners under a Private Association will maintain an independent practice at Avenue Health with their own patient base.

Consultation and examination facilities will be available as dedicated space for exclusive use or on a sessional basis. Leases will be on commercial terms with a minimum term of 1 year to be considered dependant on the needs of the medical practitioner.

Access to Avenue Health Solais™ laser facilities will be by arrangement for credentialed practitioners.

*A Private Association would suit cosmetic physicians.*

## 3 Co-Share Association

Under a Co-Share Association dermatologists will have a contract with Avenue Health. Under this arrangement these specialists will see patients referred by Avenue Health or from their own patient base with bookings, reception and secretarial services supplied by Avenue Health.

Consultation and examination space will be fully serviced and provided by Avenue Health. This will be based on pre-arranged consultation fees with the specialist receiving a percentage of the patient fee. The arrangements and payments to specialists will be fixed annually in agreement.

Future associations might entail an averaging of fees and a conversion to a fixed lease.

Additional onsite facilities including operating and procedure room and Solais™ lasers will be available on a sessional basis to all credentialed practitioners and will be staffed and serviced by Avenue Health.

*A Co-Share Association would suit dermatologists.*

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### OPERATING THEATRES AND INFRASTRUCTURE

Operating facilities are available to Avenue Health surgeons at competitive rates and also to independently credentialed surgeons on a sessional basis.

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### SOLAIS™ LASERS

Where patients have a requirement for laser services, a separate procedure contract can be arranged.

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### PATHOLOGY FACILITIES

These are available on a contract basis to specialists undertaking margin control (Mohs) surgery.

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This is a unique opportunity to join a multi-disciplinary team in a modern, skin focussed centre of excellence with unparalleled options for specialist practitioners.

For expressions of interest please contact Ken Macdonald  
+64 21 981 232 [ken@avenuehealth.co.nz](mailto:ken@avenuehealth.co.nz)