



# Merry Christmas



from our  
CDD family to yours



# FRIENDS OF THE CDD

Edition December 2023



*Merry Christmas*  
from our CDD family to yours.





## INSIDE THIS NEWSLETTER:

<b><i>From the Directors</i></b>	<b>4</b>
<b><i>Day Surgery safety and quality outcomes report</i></b>	<b>3</b>
<b><i>Research in a nutshell</i></b>	<b>8</b>
<b><i>Meet our Staff</i></b>	<b>9</b>
<b><i>From Our table to yours</i></b>	<b>9</b>

---

*“The people who are crazy enough to think they can change the world are the ones who do.”*

***Steve Jobs***

---

### **Are you interested in becoming a Stool Donor?**

The CDD Stool Donor Program is a paid program that allows you to positively impact the lives of others. If you're aged between 16-60 years, have no pre-existing medical conditions and live or work locally to Five Dock you may be eligible. Start your application by completing our online questionnaire: <https://centrefordigestivediseases.com/cdd-donor-2/>

**Prof. Thomas J Borody** MBBS  
BSc(Med), PhD, MD, DSc, FRACP,  
FACG, FACP, AGAF, FRSN  
Provider No. 0203859B

**Prof. Robert L Clancy (AM)**  
MBBS(Hons), BSc(Med), PhD,  
DSc, FRACP, FRCPA, FRSN  
Provider No. 029209EH

**Dr. Antony Wettstein**  
MBBS(Hons), FRACP  
Provider No. 065080DA

**Dr. Jeffrey Tu**  
MBBS, FRACP  
Provider No. 487306CY

**Dr. Simon Benstock**  
MBBS, BSc(Med), FRACP  
Provider No. 215156AA

**Dr. Justine Mill**  
MBBS, BMedSci(Hons),  
FRACP  
Provider No. 275249KY

**Dr. Omar Sharaiha**  
BSc(Med), MBBS, FRACP  
Provider No. 425264VX

**Assoc. Prof. Matt Rickard**  
MBBS Hons(Syd), Mmed(ClinEpl),  
DipPaed(NSW), FRACS  
Provider No. 200939DT

**Dr. Gaurav Agrawal**  
MBBS, MRCP, FRACGP  
Provider No. 4327952H

**Prof Shan Rajendra**  
BAO, MBBCh, LCRP&S,  
MSC, MCRP, MD, FRCP,  
FRACP





## From the Directors

Whilst 2023 was certainly a year to test our mettle, the challenges we faced simply served to fortify our spirit and strengthened our resolve to move forward towards achieving our shared, patient-centred goals.

Notably, the new Faecal Microbiota Transplant (FMT) manufacturing facility was completed in December 2022, and by early 2023 was set into production making our FMT enemas and encapsulated products. We are proud to say that since the new facility was commissioned, we have been able to deliver thousands of FMT treatments for in-house use, and in doing so 'change the world' for our patients and provide restoration of the microbiome for patients with debilitating conditions ranging from resistant *Clostridium difficile* infection to Inflammatory Bowel Disease (IBD) and Irritable Bowel Syndrome (IBS).

Our team has worked tirelessly to achieve Good Manufacturing Practice (GMP) to ensure that our products are produced to quality standards. We anticipate in the new year we will be able to provide RESTOBA® FMT product via prescription to Gastroenterologists to reach many more patients in need.

So too, we are excited to announce that by early 2024 we will be opening our doors to overseas patients, who, to date, have been unable to access both FMT and our other novel therapies. Through this expansion in our service, we look forward to forging meaningful clinical partnerships with both patients and their physicians.

It is with a profound sense of gratitude that we take time to thank those who have played an integral role in getting us where we are today and pushing us forward towards our achievements tomorrow. We sincerely thank:

- Our Doctors, Staff and extended CDD team who had the courage to dream and the skills, knowledge and dedication to make the vision reality, we thank you.
- Our Referring Doctors and extended network of Health Care Professionals who we rely on for the continuum of care. Without your teamwork we could not realise the excellent clinical outcomes we have become renowned for. We thank you.
- And, we acknowledge our valued patients who are the driving core. You are the reason why we strive to 'change the world' one successful treatment at a time, we thank you...

With this said, we wish you a wonderful and blessed holiday season and look forward to embracing 2024 with all it brings, together.

Prof Thomas Borody  
Medical Director

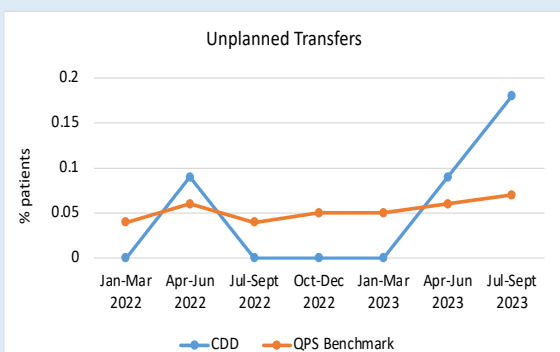
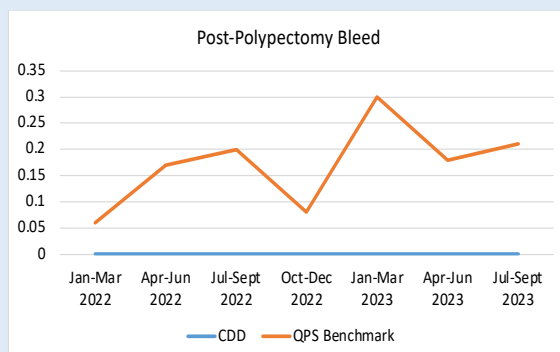
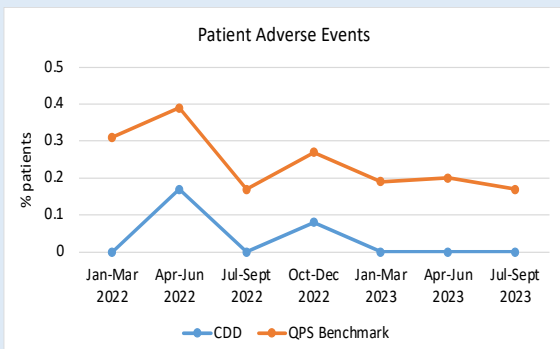
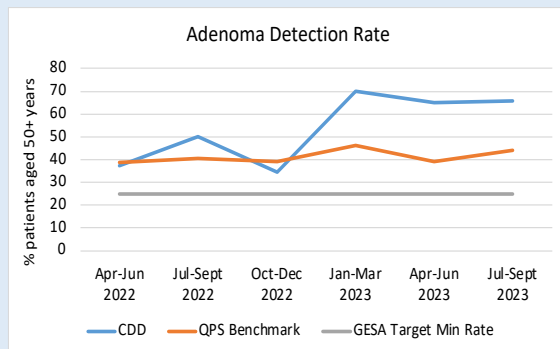
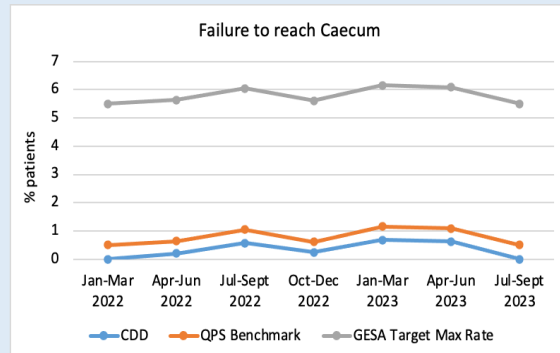
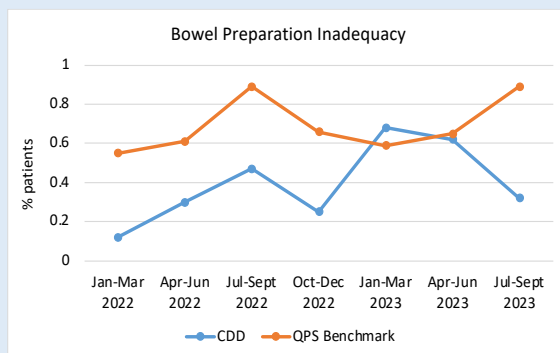
Vic Dawson  
Strategy Director



## DAY SURGERY SAFETY AND QUALITY OUTCOMES REPORT

### SAFETY AND QUALITY INDICATORS

These six indicators have been selected by our Consumer Focus Group as they provide a good overview of our key clinical outcomes. These rates show outcomes better than or in line with the QPS industry benchmarks and the GESA (Gastroenterological Society of Australia) target rates. We had three patients transferred to tertiary hospital between January and September this year. All were unrelated, resulted in good patient outcomes and have been reviewed by our Medical Advisory Committee.



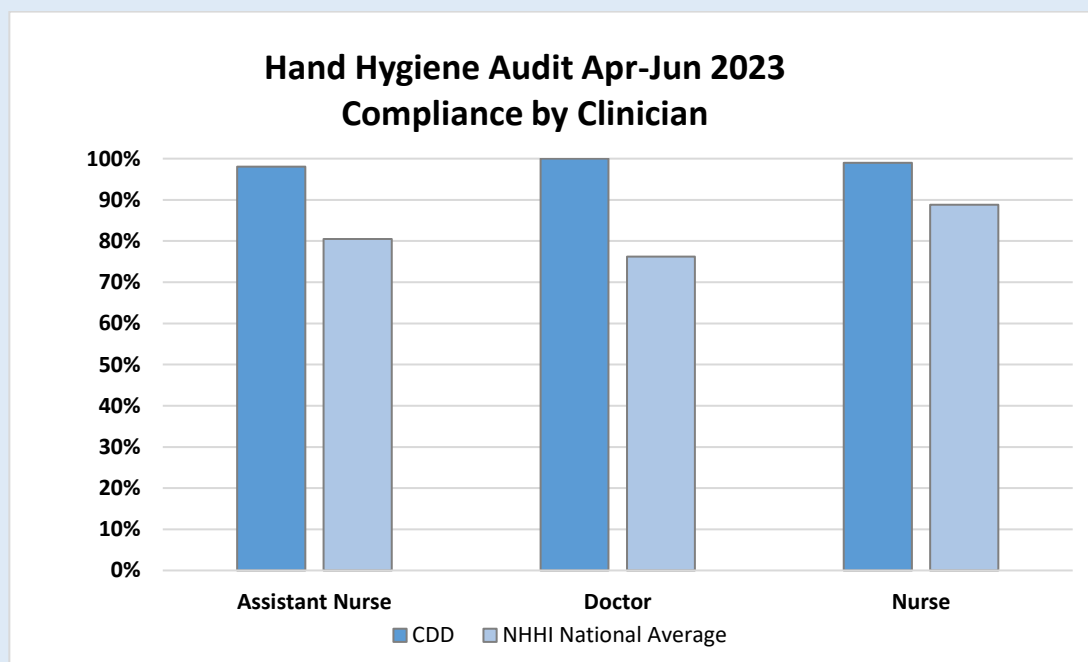


## DAY SURGERY SAFETY AND QUALITY OUTCOMES REPORT December 2023

### INTERNAL AUDITS

We have a comprehensive schedule of internal audits that are completed every year. These monitor all elements of our quality management system to ensure we maintain safe, high quality patient outcomes.

Audit	CDD	QPS
Credentialling of Healthcare Professionals	100%	96.95%
Healthcare Record Audit	93.27%	95.79%
Infection Control System Audit	98.30%	97.88%
Fire and Emergency Audit	94.44%	94.90%
Clinician (Doctor) Satisfaction Index	87.12%	87.18%
Staff Competency – Fire and Emergency Skills	98.11%	94.23%
Cleaning Audit	99%	N/A
Hand Hygiene Audit	97.6%	86.3%





## ANTIMICROBIAL-RESISTANT BACTERIA & ANTIMICROBIAL STEWARDSHIP

Many bacteria are now resistant to treatment with antibiotics. Antibiotics are losing their effectiveness at a faster rate than we are developing new antibiotics. Using antibiotics when they are not needed or in the wrong way increases the resistance of bacteria to antibiotics.

There are national Therapeutic Guidelines that specify the situations when antibiotic treatment is appropriate and which medication and dose are recommended. It is a requirement of our accreditation that protocols used in our centre comply with these guidelines.

For routine surveillance gastroscopy and colonoscopy procedures there is no need for preventative treatment with antibiotics. Our compliance rate with this so far this year is 100%.

(NOTE: this does not apply to treatment of parasites/bacteria via colonoscopy as active infections have been identified in these patients)

## SHORT NOTICE ACCREDITATION ASSESSMENTS

Mandatory short-notice assessments for the National Safety and Quality Health Services Standards commenced in July 2023. This impacts every private and public hospital and day surgery across Australia.

Short-notice assessments will now be conducted **at any time during the 3-year accreditation cycle with only 24 hours notice** (i.e. one full business day). From May 2023 clinical trials governance was added to the accreditation process.

The objectives of this change in the accreditation process by the Australian Commission on Safety and Quality in Healthcare are to:

- Support continuous compliance with the NSQHS Standards and quality improvement strategies
- Transfer the focus of assessments from preparation for assessment to assessment of day-to-day practice
- Remove the administrative burden of preparation for accreditation, enabling the workforce to redirect their efforts to other priorities
- Change the perception of a not met action from 'systems and services failure' to an 'opportunity for improvement'

The implication for health services is to ensure that processes and records are kept updated at all times. We have an effective and comprehensive quality management system in place to ensure that we do what we should when it's due and we report our outcomes to our Management, Medical Advisory Committee and Staff Meetings.



## RESEARCH in a nutshell

The second half of 2023 also flew past and we have directed our focus to altering the way we are understanding the trends and advances in how research is being conducted post covid. We continue to assist the GMP department in producing GMP certified FMT products. We have also been working in collaboration with the therapeutics department to determine accurate methods in capturing early patient outcomes during FMT treatment. We have also been keeping abreast of the new National Clinical Trials Governance Framework which will see the Research Department be assessed and accredited against this national standard at the same time as the Day Surgery.

We have taken the FMT survey study questionnaire, amended it and incorporated it into our FMT program. This questionnaire will now be included as standard follow up for our many FMT patients and your feedback will be important in our continual improvement and tailoring of our treatment programs.

Our research focus for the next two years will be continued exploration into the gut microbiome and its implications in other gastrointestinal conditions and diseases with associated gastrointestinal symptoms. We hope to roll out many new research projects in the next year. If you would like to know more please email [research@cdd.com.au](mailto:research@cdd.com.au).

**Lastly we would like to wish you all many blessings this holiday period!**





## Meet our Staff *Research Assistant - Portia*

**1. What was your first job?**

My first job was at a McDonalds when I was 14 and I worked there for 6 years.

**2. Why did you choose the field you are in?**

I have always loved science and knew I wanted to work in some kind of science field. I only realised I wanted to work in research specifically clinical research when I realised how much we still don't know and how many conditions we still have no treatment for.

**3. How did you hear about your current company?**

I had a very supportive coworker/friend at my previous job who told me about CDD and said I would be great for the role and suggested me to one of her previous coworkers.

**4. What's your favourite project you have worked on?**

I have recently set up an ongoing observational study on FMT response long term. This involves regular surveys and I am very excited to find any patterns in patients reported response to FMT.

**5. When you started out, what did you think your job would be at this point in time?**

When I started here a few years ago I wasn't quite sure what to expect as this is my first research job. I had hoped that at this time I would be a Clinical Research Officer coordinating my own clinical trials.

**6. What are some skills or strengths you bring to the team?**

I am a good problem solver and skilled with excel.

**7. Did you pick up any work habits during lockdown?**

During lockdown I worked in pathology mainly covid testing and stool testing in one of the busiest labs in NSW, so I was very busy and this helped me hone my multitasking, organisational, and problem solving skills.

**8. What is a small thing that makes your job easier/better?**

My manager. She is a joy to work with and is very supportive which makes my job a lot easier.

**9. What is the best work event you have been to? What made it so great?**

The best work event I've been to would probably be the Australian Gastroenterology Week conference in Brisbane this year. It was so exciting to see and hear about all the new research being conducted in the gastrointestinal field and gave our team a lot of new ideas for studies.

**10. What are some professional goals you have for yourself?**

I am currently enrolling myself in a Masters of Biostatistics at Monash University and my goal is to hopefully complete this by the end of 2025.



## From our Table to yours

Our staff have opened up our recipe books and sharing what we like to have on our table this holiday, please enjoy and wishing you a glorious holiday season !



### Maz's Caramelised Feta and & Onion Tartlets

SERVINGS: 24

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

#### INGREDIENTS

1 ½ Tbs olive oil  
2 large red onions, finely  
chopped  
2 tsp fresh chopped thyme  
3 sheets ready-rolled  
shortcrust or puff pastry  
70g feta cheese  
2 eggs  
½ cup cream



#### DIRECTIONS

1. Preheat oven to 180 C. Heat the oil in a sauce-pan (do not use a non stick pan, the onion won't caramelise).
2. Add the onion to the pan and cook, stirring occasionally, over medium-low heat for 30 minutes, or until dark gold. Add the thyme, stir well and transfer to a bowl to cool.
3. Grease a 24 shallow muffin tin. Cut out 24 pastry rounds and line the tin with the rounds.
4. Divide the onion into the patty cases, then spoon the feta over the onion. C
5. Combine the eggs with the cream, season and pour into pastry cases.
6. Bake for 10-15 minutes, or until puffed and golden. Leave in the tins for 5 mins before transferring to a wire rack to cool.

#### BEHIND THE DISH

Maz works behind the scenes in our Accounts Department. She is known to cook up delicious meals on her off-duty days and the best salads for our office!



## Dany's Sarma

A Serbian dish for special occasions

SERVINGS: 6-8 PREPPING TIME: 30 MINS COOKING TIME: 3 HRS 20 MINS

### INGREDIENTS

1 head cabbage  
700 g mince of choice  
1 cup raw rice, rinsed  
30 g dehydrated onion  
soup mix  
300 g sauerkraut  
Up to 500 g smoked  
meat  
230 g canned tomato  
sauce  
305 g canned tomato  
soup

### DIRECTIONS

#### Preparation

1. Core the cabbage, then steam whole. Use tongs to remove the larger softened leaves until you have 20-30 whole leaves. Reserve the remaining cabbage.

#### Filling

1. In a large bowl, mix together your mince, rice and onion soup mix. Add a small amount of water to soften.

#### Assembly

1. Set 3-4 leaves aside. On the remaining leaves, heap up to a 1.4 cup filling onto each. Roll and encase the meat.

#### Baking

1. Preheat oven to 180 C.
2. Coarsely chop the remaining cabbage (minus 4 leaves)
3. Spread the chopped cabbage onto the bottom of a casserole dish and add drained sauerkraut. Layer on the cabbage rolls, seam-side down.

CONTINUED...



## DIRECTIONS (CONTINUED)

8. Spread the smoked meat pieces between the cabbage rolls. Cover rolls with reserved cabbage leaves.
9. Whisk the tomato sauce and soup with water to give it a pourable consistency.
10. Pour the tomato sauce over the rolls, then cover the casserole dish and bake for 1 hour.
10. Reduce the oven temperature to 160 C and bake for 2 more hours. Let sit for 20-30 mins before serving.



This recipe has been adapted from [The Spruce Eats](#)

### BEHIND THE DISH

Dany is Prof Borody's PA, managing everything from projects to patient queries. She has Serbian heritage and makes this traditional dish to celebrate Serbian Orthodox Christmas.







## Margaux's Double-Cooked Crispy Pork Belly

SERVINGS: 6-8

PREPPING TIME: 10 MINS

COOKING TIME: 120 MINS

### INGREDIENTS

500g pork belly (skin on)  
salt & pepper (to taste)  
3 cloves garlic, smashed  
1 large onion, cut in half  
garlic powder (optional)  
onion powder (optional)

### DIRECTIONS

1. Fill a pot with water, immerse pork belly skin side down.
2. Season with salt pepper. Add garlic and onion. Season further with optional powders.
3. Bring to boil and simmer until tender.
4. Drain on a plate and dry as much as possible. Preheat air-fryer to 200 C.
5. Partially wrap pork belly in aluminium foil skin side up, sprinkle salt and pepper.
6. Air-fry for 60 minutes, checking every 10 minutes, and turning after 35 minutes to even browning.
7. Alternatively, preheat oven to 210 C, place belly on a tray and roast for 50 minutes.

### BEHIND THE DISH

Margaux Alvaran is our Research Manager and the brains behind all our Friends of CDD newsletters. She makes sure the research team (and more) are always fed with delicious treats when she's around, and this dish is no exception to her repertoire!





*Joanna's Baked Cauliflower*  
A gut-loving vegetarian side or main

SERVINGS: 4-6

PREPPING TIME: 15 MIN

COOKING TIME: 90 MIN

## INGREDIENTS

- 1 whole cauliflower
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/4 cup pomegranate seeds
- 250 g hummus
- 1 bunch fresh mint
- 1 bunch fresh parsley
- 1 bunch fresh coriander
- 100 g shelled pistachio kernels
- 2 tbs lemon juice
- 3 tbs extra virgin olive oil

## DIRECTIONS

### For Cauliflower

1. Preheat oven to 180 C and line a baking tray.
2. Peel leaves off cauliflower and cut base so it can sit flat on serving board.
3. Spray cauliflower with 1 tbs oil. Cover with ground cumin and ground coriander.
4. Place cauliflower on tray and fill tray with 1 inch of water. Cover with foil.
5. Bake with foil for 60 mins, then remove foil and cook for a further 30-40 minutes until soft.

### For Green Dressing

1. In a food processor add fresh herbs, pistachio kernels, lemon juice, 2 tbs olive oil and process until finely chopped.
2. Add 1-2 tbs of water at a time if needed.
3. Season with salt and pepper to taste.

CONTINUED...



## DIRECTIONS (CONTINUED)

### Plating

1. Spread hummus on serving plate.
2. Place cauliflower on top.
3. Sprinkle cauliflower with green dressing, pomegranate, pistachio kernels and any remaining herbs.

### BEHIND THE DISH

Joanna Thornton is one of our Patient Care Coordinators in the Therapeutics Department. Originally from the UK where Christmas was synonymous with a hearty dish, Joanna started whipping up this baked cauliflower to take to Aussie Christmas BBQs.





## Xavier's Christmas Ham Sandwiches

SERVINGS: 6

PREPPING TIME: 5 MINS

COOKING TIME: 30 MINS

### INGREDIENTS

1 kg leg ham  
1 Tbs brown sugar  
1 x 234 g (small) can  
pineapple slices in juice  
1/2 loaf bread  
1/4 head ice-berg lettuce

To taste:  
salad veggies  
whole egg mayonnaise  
mustard



### DIRECTIONS

#### For Ham

1. Strain pineapple juice into a medium-sized saucepan, and place whole ham on top. Cover ham with pineapple slices (keep excess in the saucepan).
2. Simmer on low-medium heat for up to 30 minutes or until juice reduces and thickens.
3. Allow ham to cool completely before storing with the pineapple reduction. To reheat, slice and re-fry with some reduction.

#### For Sandwiches

1. Spread mayonnaise and mustard to taste on bread of choice.
2. Slice ham and layer on top of bread with 1-2 lettuce leaves, as well as salad of choice.

### BEHIND THE DISH

Xavier Lansang works behind the scenes, making sure logistics run smoothly each day—from stocking our procedure rooms to receiving deliveries. His Christmas Ham recipe is perfect to make-ahead for busy days in and out of the house.





## Portia's Crunchies

A delish gluten-free snack

SERVINGS: 8-10

PREPPING TIME: 30 MIN

COOKING TIME: 25 MIN

### INGREDIENTS

2 cups rolled oats  
1 cup gluten free flour  
1 cup desiccated coconut  
1 cup brown sugar  
250g salted butter  
1 tbs golden syrup  
1 tsp bicarb soda



### DIRECTIONS

1. Preheat the oven to 180 C
2. Mix rolled oats, flour, and desiccated coconut in a bowl then set aside.
3. Melt butter over medium heat.
4. Add in brown sugar and golden syrup to butter. Stir until brown sugar is dissolved and bubbling.
5. Once the mixture is bubbling, add the bicarb soda and stir it in (keep in mind that this will expand slightly- that is normal).
6. Pour the mixture into the dry ingredients and stir well.
7. Transfer the mixture into a baking dish. Press flat with the back of a spoon.

CONTINUED...



## DIRECTIONS (CONTINUED)

8. Bake at 180 C for 15 minutes, then turn the oven down to 160 C and bake for a further 10 minutes until golden brown.
9. Take the crunchies out of the oven and let them cool slightly before indenting them (the crunchies are meant to be soft when they come out of the oven. You can put them in the fridge to speed up the process.).
10. Cut, serve and enjoy!

### BEHIND THE DISH

Portia Murphy is our Clinical Research Associate. She has South African heritage and her South African Crunchies have been a hit time-and-time again with the Research team. These could be a great midnight snack for a Gluten-Free Santa!







## Nadia's Double Choc Brownies

SERVINGS: 12-24

PREPPING TIME: 15 MINS

COOKING TIME: 35 MINS

### INGREDIENTS

250 g unsalted butter,  
melted  
5 eggs, whisked  
125 g self-raising flour,  
sifted  
250 g dark cooking  
chocolate, melted  
100 g white cooking  
chocolate, chopped  
100 g walnuts, chopped  
100 g whole sultanas

### DIRECTIONS

1. Preheat a fan-forced oven to 180 C and line a large (approx 10 x 10 inches) baking tray.
2. Mix the butter and chocolate together until silky. Allow the mixture to cool slightly, before mixing in eggs.
3. Add flour and mix into a smooth batter.
4. Fold in white chocolate and nuts.
5. Sprinkle sultanas on top of mixture, allow to settle (to make sure they don't burn).
6. Bake for 30-35 minutes, or until a crackly top forms and a skewer inserted into the centre comes out clean.
7. Allow to rest for 5 minutes before serving.

### BEHIND THE DISH

Nadia Mazari is our Dietitian and advocates for 'soul food' and positive food relationships as much as gut-loving wholefoods. These brownies go back to her childhood, where her love of food and realisation that it brought people together started.