



*Dear Colleague*

## What's new at Braemar?

Musculoskeletal radiologist Peter Gendall likes to help patients through the "medical maze" and be well-informed about their options...



Peter Gendall's philosophy about patient care draws on the best of old and new medical practices.

The old practice relates to taking the time to talk to patients to find out what is wrong, and discuss the best options for treatment.

The new practice is using state-of-the-art, precision diagnostic tools

and techniques that accurately determine the best course of action for each individual.

Dr Gendall heads the team at River Radiology in Hamilton, which will now see patients under Braemar Hospital's ACC pain contract.

A musculoskeletal radiologist with more than three decades experience in the field, he believes strongly in patient-focused care, a philosophy which forms the blueprint for River Radiology's vision.

"These days with subspecialist care, the primary relationship between a patient and a doctor is often forgotten. I say to my radiologist colleagues, what we are doing is practising medicine. I reject the idea that a radiologist sits in a back room and just looks at patient images."

Patients who are well-informed are better able to navigate the "medical maze", he says.

"If, for example, a patient presents with chronic achilles tendinopathy, we will tell them what is going on inside their tendon and discuss the best options for treatment. We'll work out how disabled they are by their disease. And we will ask what outcome they want. For example, if they want to walk, how far do they want to walk or do they want to climb hills or run a marathon? That gives us some idea of expectations. Then we talk about how they can get there and the chances of success."

River Radiology also tries to arrange appointments that avoid unnecessary return visits. "If a patient needs an injection, we will check with their doctor and do it then rather than saying, 'come back in two weeks'. That also makes us more efficient."

River Radiology offers a range of diagnostic services including musculoskeletal, abdominal and pelvic ultrasound, x-rays, scans and guided injections for joints, tendons and other soft tissue problems.

Most of the contract work with Braemar will relate to back problems and nerve root pain radiating from the back.

A keen skier, sea kayaker and cyclist outside work, Dr Gendall appreciates the misery and disruption caused by back injuries. He says while back pain is very common, it is often difficult to pinpoint the cause because the pain can be perceived in different parts of the body.

“There are various options for treatment from doing nothing apart from helping with pain to attacking the underlying problem with surgery. The trick is to determine who needs surgery and who can be managed without surgery.”

River Radiology offers a range of specific procedures including epidural steroid injections, image-guided nerve root sleeve injections and image-guided lumbar facet injections. Dr Gendall's experience as a radiologist and imaging specialist allows him to pinpoint where to inject which makes the procedure safer and more likely to succeed. He says the epidural treatments help patients get through periods of acute pain caused by a disc protrusion (bulge)

until the disc shrinks. “It keeps people active and working until nature takes its course.”

Dr Gendall's initial radiology training was completed in Auckland followed by a Fellowship in MSK Radiology at the University of Iowa Hospitals and Clinics.

Past work has included years of bone and soft tissue tumour diagnostics at Middlemore Hospital and, for a short time, at the British Columbia Cancer Agency, Vancouver, as well as musculoskeletal intervention and Magnetic Resonance Imaging. He was a leader of the team that purchased and operated New Zealand's first 1.5 tesla MR (Manukau Radiology Institute) and has maintained an active interest in MR imaging since 1991.

In the past, he has acted as an advisor for ACC and for the Health and Disability Commissioner. He has also represented New Zealand on the CME committee of the Royal Australian and New Zealand College of Radiologists. He continues to lecture radiographers and sonographers. He is married with three adult children.

**Kind Regards,  
Pat Bary – Chairman**



## Dr Peter Gendall

### Qualifications

MB ChB (Otago)1977, FRANZCR 1985

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750 Victoria St  
Hamilton

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### Web

[www.riverradiology.co.nz](http://www.riverradiology.co.nz)

### Areas of Specialisation

Diagnostic Radiology,  
Musculoskeletal Radiology,  
Musculoskeletal and Spinal  
Interventional Radiology, Sports  
Radiology, MRI.

### Specialist Training

Auckland Radiology Training  
Scheme 1979-1983

Waikato Hospital 1983-1985

Fellowship in Musculoskeletal  
Radiology University of Iowa 1991-92

### Currently Working at Braemar Hospital?

Yes