



# Capability Statement

This capability statement outlines Aspen Medical's proven domestic and international track records of achieving quality, measurable health outcomes on major projects.

## Aspen Medical Canada Overview

Aspen Medical Canada Inc. (a subsidiary of Aspen Medical Limited) delivers seamless healthcare solutions, by providing an innovative mix of personnel, facilities, programs, logistics and technology to optimize efficiency, to foster patient-focussed healthcare outcomes, to reduce emergency room (ER) and surgical wait times, to improve diagnosis success, and to help patients effectively navigate the Canadian healthcare system. Aspen Medical Canada's Family Medicine division, "Efficiency By Design" provides service offerings in three target markets:

1. Primary Health
2. Specialized Secondary Care
3. Chronic Disease Management.

Within these target markets, Aspen Medical Canada provides several tiers of professional, managerial and administrative support, information technology services, diagnostic equipment support, as well as medical, surgical and pharmaceutical services at its Saskatchewan-based multi-disciplinary medical clinics.

Aspen Medical Canada has set an internal goal of becoming the healthiest company in Canada, channelled through its 3H (Health, Holidays and Hobbies) Bonus program. In support of this initiative, Aspen Medical Canada also set in motion an action plan to re-define First Nations Medicine "Nation Building," Corporate Medicine "Transition Game" and Industry Medicine "Occupational Health and Safety."

In November 2013, Aspen Medical Canada is launching the world's first interactive medical journal Aspen (think GQ meet New England Journal of Medicine). The journal employs a seamless integration of print and digital media, and will include ground-breaking research in an array of healthcare fields to engage a world-wide readership.

## Efficiency By Design Family Medicine

### ASPEN SURGERY CENTRE, ASPEN MEDICAL CENTRE, ASPEN SOUTH HILL CLINIC (MOOSE JAW), ASPEN PHARMACY

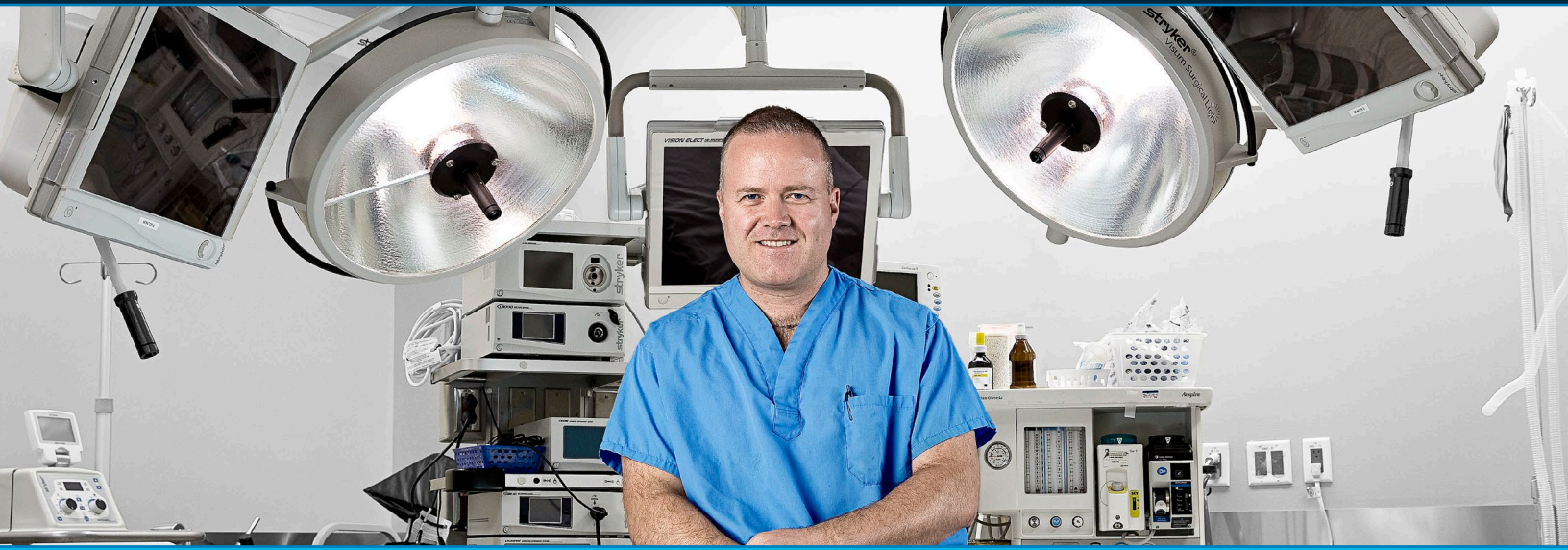
Currently, Aspen Medical Canada operates three locations in Regina, Saskatchewan and one location in Moose Jaw, Saskatchewan.

#### Aspen Surgery Centre:

Launched in June, 2012, the multi-disciplinary Aspen Medical Surgery Centre is a first of its kind in Saskatchewan. The Centre's talented team of close to 30 caregivers (surgeons, doctors, nurses and support staff) provide world-class patient care, supported by clinic infrastructure that is equal-to, or exceeds offerings in major clinics and hospitals. With more than 4,200 square feet of clinical and surgical space, the centre can accommodate up to 20 patients per day (without utilizing weekends or double shifts).

The Centre boasts two licensed and approved operating theatres, two procedure/exam rooms, five post-surgery recovery beds, and two reclining chair recovery positions. Dr. Al Beggs, the Centre's Medical Director, ensures that healthcare and service standards are not only met, but are exceeded in an environment that ensures confidentiality, privacy, safety and professionalism. The Surgery Centre's qualified professional are able to effectively manage the following:

- A patient's journey from initial contact through to completion of surgery and first follow-up appointment
- Schedule of pre-operative, surgery and post-operative reviews; the staff and surgeons undertaking the procedures



- Reporting schedule
- Collection and analysis of data such as theatre turnaround times and length of procedure for comparison with current processes.

- Communication strategies to inform patients and staff of the surgical program and our Project Manager works to ensure that projected volumes are achieved.

### Aspen Surgery Centre accreditations include:

#### Plastic Procedures

- Breast augmentation
- Abdominoplasty
- Liposuction
- Rhinoplasty
- Gynecomastia
- Mastopexy
- Face/Neck lift
- Facial Implants
- Brachioplasty
- Otoplasty
- Breast reduction
- Capsulotomy and capsulectomy
- Blepharoplasty, ptosis repair, tarsorrhaphy, canthopexy, canthoplasty
- Brow lift
- Reconstruction of breast or nipple
- Grafts
- Flaps
- Tissue expansion
- Thigh lift
- Buttocks lift
- Repair of abdominal wall hernia
- Lipectomy

#### Orthopedic Procedures

- AC joint excision
- ACL reconstruction
- Amputation
- Acromioplasty
- Arthroscopy (diagnostic, repair and reconstruction of ligaments, meniscectomy, meniscal repair, arthroplasty, excision of meniscal cysts, loose bodies and foreign bodies)
- Arthrotomy/synovectomy
- Biceps tenodesis
- Osteotomies (including bunion repair)
- Carpal tunnel release
- Debridement
- Repair recurrent dislocation/ligament reconstruction
- Decompression (shoulder)
- Excision minor hand tumors including ganglions
- Excision of bursa
- Fascia/tendon sheath (plantar fasciotomy/fasciectomy of hand or foot,)
- Hardware removal
- Joint manipulation
- Labrum repair
- Meniscectomy
- Rotator cuff repair
- Rotator cuff repair with Graft Jacket
- SLAP repair
- Tendons or muscles (repair, transplant, transfer)
- Tennis elbow release

#### General Procedures

- Hernia repair (inguinal and umbilical)
- Vasectomy reversal
- Circumcision
- Laparoscopic adjustable gastric banding (LAP-BAND)





### Major Clients:

RQHR, Saskatchewan Workers Compensation Board, private patients requiring Gastric Banding and private patients requiring elective plastic surgery.

Business Partners And Their Products/Services they offer:

- Allergan: Gastric bands (LAP-BAND), Breast Implants.
- Cardinal: General consumable supplies.
- McKesson Canada: pharmaceuticals.

### Aspen Medical Centre (U of R):

Launched in January 2012, the Aspen Medical Centre provides multidisciplinary services focused on providing full service health care to the students of the University of Regina, their families and the general public. The Medical Centre has 43 healthcare providers who are dedicated to providing the best in patient care. Additionally, in October 2012, Aspen Medical Canada launched its diagnostics services with the introduction of digital X-Ray and radiology imaging services in its state-of-the-art facility.

The University of Regina signed an eight year contract with Aspen Medical Canada to provide its students, faculty and community with the best healthcare possible. When the project started there were problems with staff morale, doctor attraction and retention and limited collaboration within the clinic. The Aspen team promptly moved to address these issues with effective training and efficiency workshops. Within the first three months there was complete buy-in at all levels and team issues were resolved.

### Service offerings include:

- Pharmacy and Educational Services
- Laboratory and X-Ray Services
- General Medicine
- Sports Medicine
- Chiropractic
- Massage
- Physiotherapy
- Psychology
- Orthopedics
- Neurology
- Neurosurgery
- Neuropsychology

### Major Clients:

U of R students, faculty, athletes and surrounding area around the University of Regina.

### Business Partners and Their Products/Services they offer:

- Centric Health: Partners with Aspen for physiotherapy services
- Radiology Associates: X-Ray Services
- Dr. Paul Swann Centre: Exercise therapy and cardiology



## Aspen Medical Pharmacy

Launched in October 2012, this fully-operational pharmacy is focused on wellness education and health outcomes. Our committed team of six caregivers provides support in an array of areas including:

- Chronic Disease Management (diabetes, asthma, COPD, geriatrics and anticoagulation)
- Weight Loss (Ideal Protein weight loss products, medically-supervised diet plans)
- Sports Braces/supplements (Precision brand athlete safe supplements, both WADA and HFL approval)
- Smoking Cessation (The PACT smoking cessation program is funded through the Saskatchewan Health Region and is available to the public at no cost to the client. One-on-one smoking cessation consultation with a pharmacist, where we provide tools that will assist clients in smoking cessation)
- Compression Stockings (help prevent leg fatigue, edema/swelling, and varicose veins. Medical-grade compression stockings need to be properly fitted and educated on).

### Major Clients:

Three age care facilities and local Regina residents.

Business Partners and Their Products/Services they offer:

- Pharmasave: Provides purchasing economies for pharmaceuticals
- Ideal Protein: Protein supplements
- Precision: Health supplements with WADA and HFL approval
- PACT: Smoking Cessation program

## Aspen Medical South Hill Moose Jaw

Acquired in January, 2013, Aspen Medical South Hill is a leading multi-disciplinary medical clinic focused on quality patient outcomes. The clinic's 27 caregivers provide premium health solutions and patient-focused care to the people of Moose Jaw and surrounding areas. Service offerings include:

- Family Medicine
- General Surgery
- Maternity Care
- X-Ray
- Pharmacy
- Hearing Specialization
- Certified Foot Specialization
- Laboratory





## **Transition Game** Corporate Medicine

Aspen Medical Canada is transforming the corporate landscape by bringing elite athletes into boardrooms across the country to focus on a philosophy of health, sport and performance.

Aspen Athletes work closely with companies to provide a game plan that focuses on the importance of practice, strategy, assessments, peak conditioning, nutrition, hydration, rituals, and discipline – the secrets to building champion employees and companies. Aspen Medical Canada believes that stories (personal, business and sport) share the central theme of transition at their cores. Through this concept, not only are employees making important transitions in their own lives, but so too are the Aspen Athletes – from leaders on the field, to leaders in business.

CFL all-time great and Aspen Athlete Geroy Simon heads Aspen Medical Canada's Transition Game Program. Geroy brings with him close to two decades of professional football experience and a belief that everyone has an athlete within them just waiting to be unleashed.

In January 2013, the Transition Game framework is being employed during a three day workshop with the Cypress Hills Health Region, made up of over 1,700 employees. As well, a year-long e-learning initiative that is largely-based on the Transition Game is also being launched, focused on developing a culture of health and safety in the workplace.

### *Aspen Lifestyles*

Aspen Medical Canada is committed to its goal of becoming the healthiest company in Canada. To accomplish this goal, we have invested extensive time and energy into building an entire team of healthy people, as evidenced in our exciting 3H Bonus Structure (Health, Hobbies, Holidays). Improving the health of the Aspen team is one step closer towards the goal of health and wellness outcomes of all Canadians.



## **Nation Building** Aboriginal Medicine

Through this non-profit platform, Aspen Medical Canada is shifting focus away from creating the nation's next labour pool, towards creating the next generation of First Nations leaders. Each year, up-and-coming leaders will be provided with high quality leadership training, with a specific focus on the health and safety sectors.

Additionally, Aspen Medical Canada is working closely with a number of First Nations (in Saskatchewan and British Columbia) in a true spirit of partnership. The Company believes that some of the greatest successes in Canadian healthcare moving forward will be found in private-First Nations partnerships, focussed on achieving quality health outcomes and on on-reserve healthcare innovations, grounded in Aspen Medical Canada service delivery frameworks.



## **Occupational Health & Safety** Industry Medicine

Aspen Medical Canada has tracked the growth in the occupational health and safety sectors across western Canada for some time, particularly in the areas of energy/resource and public sector development. The company is now positioning itself to take a lead role in providing doctor oversight and optimized health and safety delivery for major infrastructure initiatives.



## ASPEN JOURNAL

In December 2013, Aspen Medical Canada is launching its very own interactive quarterly medical journal -- Aspen (think GQ meet New England Journal of Medicine). The journal employs a seamless integration of print and digital media and includes ground-breaking research in an array of healthcare fields to engage a world-wide readership. Aspen's editorial board is made up of some of the country's leading doctors and healthcare commentators who work together to both discover and develop content that enlightens, educates and entertains.

## ASPEN MEDICAL LIMITED (GLOBAL) OVERVIEW

Aspen Medical Canada's success to-date is rooted in Aspen Medical Limited's medical (Aspen Medical) global track record of providing premium healthcare solutions. Aspen Medical is a company with extensive experience in the delivery of healthcare solutions across the globe. Aspen Medical grew out of a need to provide quality healthcare wherever it is required. The Aspen Medical model offers a unique combination of flexible teams (paramedics, dentists, nurses and doctors), combined with mobile medical facilities and highly refined medical processes and procedures. This combination allows Aspen Medical to provide an expanding number of health services around the world. Aspen Medical has a trusted international record and a commitment to provide immediate healthcare services to remote areas or regions of high demand. A key feature of Aspen's operations is its ability to operate in areas where medical services are either at a premium or non-existent.

Aspen Medical has the capabilities and experience to deliver healthcare solutions in complex environments throughout the Pacific region, South East Asia, America, the Middle East, and the United Kingdom, through a unique combination of flexible teams of health practitioners. Aspen Medical has built an impeccable track record providing (on short notice), world-class medical teams and facilities, using the best in logistics and technology to reduce downtime and increase efficiency. Aspen Medical has built an expansive client base in the military, the energy and resource sectors, NGOs, the aviation industry, as well as in government health services sectors. To date, Aspen Medical has created its advantage through its highly-skilled team made up of health practitioners, including paramedics, nurses and doctors, combined with mobile medical facilities and highly refined medical processes and procedures. This combination allowed Aspen Medical to provide an expanding number of health services around the world.

### **Internationally, Aspen Medical delivers:**

- Full management and operation of multi-disciplinary healthcare facilities, including equipment, surgery and allied health
- Medical evacuation solutions for industries, such as defence and remote oil and gas suppliers, and other stakeholders in remote locations and culturally-diverse and politically sensitive environments
- Government health programs, including indigenous health and locum support
- Short-term internal health projects, such as reductions in surgery or dental waiting lists
- Rapidly deployment of health and medical services
- Managed health professional placements
- Healthcare Consultancy and Training
- Corporate Healthcare
- International Medical Retrieval
- Environmental Health and Health Management
- Pharmaceuticals, Consumables, and Blood
- Improve front line health services
- Key stakeholder engagement to gain buy-in and positive outcomes
- Industrial relations management





## NOTEWORTHY PROJECTS

Aspen medical has led hundreds of major projects worldwide. Included is a sampling of the projects that company has been involved with.

### Surgical Wait Times

Aspen Medical has an internationally proven capability in the area of waiting list surgery. It has undertaken several major projects in surgical waiting list reductions; one in England, several in Northern Ireland and the remainder in Australia. Aspen Medical's operational model is based upon utilising external staff to supplement current incumbents with additional of staff (i.e. we bring additional surgical capacity in to the region without stripping out surgical capacity from other public health regions) whilst allowing existing surgical teams to conduct their current workload during the program. The process for our projects involves the current administration staff scheduling all outpatient preoperative consultations and then scheduling theatre appointments and post-operative reviews.

The project in England was run across seven sites and consisted of orthopedic and some general surgery. The Northern Ireland program was conducted at one site and provided ophthalmology and urology surgery. The Australian program were conducted in Canberra, across New South Wales and the Northern Territory.

All the projects were based upon using external staff to support local staff with the emphasis being on health professional 'additionality,' and allowing current providers to maintain their ongoing work throughput. Aspen provided the nurses, surgeons, anesthetists, project managers and, in some cases, the company also provided the operating theatre and ward as well. As part of the overall patient pathway, Aspen Medical managed the pre-operative and post-operative consultations which were provided in addition to the surgery.

#### Project deliverables include:

- Cleared 5,000 major orthopaedic and 7,000 minor orthopaedic surgery cases at seven sites in 12 months in UK.
- Cleared a two years waiting list in ophthalmic surgery in two weeks, and an eight year waiting list in urology surgery in three months in Northern Ireland.

### Military

#### Puckapunyal Military Area

The Puckapunyal Military Area (PMA) is a major Australian Army training base situated near Seymour, Victoria, 100km north of Melbourne. The PMA covers an area of some 50,000 hectares. Within the PMA, the Puckapunyal Training Area (PTA), comprises of 43,850 hectares, and is used for the complete scope of live firing and field activities.

The PMA has a permanent population of around 1,100 Australian Defence Force (ADF) personnel. Approximately 50,000 students, range users and visitors also visit the PMA each year. Since 2005, Aspen Medical has been contracted to provide all health services at the PMA. Puckapunyal is one of only two ADF sites in Australia where the complete health services are contracted out to a civilian contractor. Aspen Medical provides or manages all health services, from primary care, to diagnostics (pathology and radiology), allied health (such as pharmacy and physiotherapy), rehabilitation and secondary care.



#### **Project deliverables include:**

- Provision of primary health care services
- Provision of allied health services
- Low dependency care services
- General practice dental services
- Specialist outpatient services
- Administration of all inpatient services
- Diagnostic services

#### **Albury Wodonga Military Area**

The Albury Wodonga Military Area (AWMA) is situated in the area of two main Australian Army Bases with the primary focus being training of Army personnel. The Army Logistics Training Centre (ALTC) is the largest unit. Approximately 506 Australian Defence Force (ADF) and Australian Public Service personnel are permanently located within the AWMA with approximately 6000 trainees attending courses throughout the year.

Aspen Medical was contracted by the Australian Department of Defence for the provision of all health services at AWMA. Albury Wodonga is one of only two ADF sites in Australia where the complete health services are contracted out to a civilian contractor. Aspen Medical provides or manages all health services, from primary care, to diagnostics (pathology and radiology), allied health (such as pharmacy and physiotherapy), rehabilitation and secondary care.

#### **Project Deliverables Include:**

- Provision of Primary Health Care Services
- Provision of Allied Health Services
- Low Dependency Care Services
- General Practice Dental Services
- Specialist Outpatient Services
- Administration of all Inpatient Services
- Diagnostic Services

Aspen Medical has recently signed an extension with the Australian Department of Defence on the contract at the AWMA until June 2012, with options for extensions for a further two years other Government aid.

#### **Aboriginal**

The Expanding Health Service Delivery Initiative (EHSDI) is part of a joint initiative between the Australian Government and Northern Territory Government to progress both Governments' Closing the Gap policies and address Aboriginal disadvantage, with substantial funding allocated to improve access to health services.

A major area of the initiative was the establishment of the Remote Area Health Corps (RAHC), a company that could recruit and provide additional health professionals to expand the delivery of primary health care services in remote Northern Territory Aboriginal communities.

In late 2008, Aspen Medical was contracted by the Office for Aboriginal and Torres Strait Islander Health (OATSIH) of the Department of Health and Ageing (DoHA) to establish and manage RAHC. RAHC recruits and supports urban-based health professionals – doctors, nurses, dental and allied health - to work in primary health services for Aboriginal people in remote areas of the Northern Territory. Assignments are paid and for short periods of three





weeks to three months enabling health professionals to maintain their professional and personal obligations at home while participating in efforts to improve Aboriginal health.

#### Project Deliverables Include:

- RAHC has facilitated more than 880 health professional placements in remote communities in the Northern Territory
- Provided more than 3145 weeks of additional health service in the region.

#### Emergency in Emergency Room

The Modbury and Queen Elizabeth Hospitals are two of the largest public hospitals in the South Australian capital of Adelaide. In early 2010, a critical staffing shortage in the Emergency Departments of both hospitals threatened to reduce the available after-hours services causing patients to have to travel great distances for basic accident and emergency care.

Aspen Medical was contracted by the South Australian Health Department to provide medical staff for the short-to-medium term at both hospitals while the Emergency Department's recruitment process for permanent staff is underway. This enabled the Emergency Departments to stay open, offering a full range of services to the local community.

#### Project Deliverables Include:

- Aspen Medical staff covered shifts in both emergency departments assisting the continuation of 24 hour emergency coverage.
- Provided Emergency department with doctors to cover medical vacancies.

#### Cholera Outbreak

In September 2009, a deadly Cholera outbreak began on the mainland of Papua New Guinea (PNG). By 2010, this outbreak had spread through to the Western Province of the country killing many local residents and affecting thousands more. AusAid began monitoring the situation and after meeting with the World Health Organization decided to undertake a joint mission to the region to address ways to prevent the further spread of the disease.

The project Aspen Medical was contracted by AusAID to assist the Cholera Emergency Response Committee for the Western Province of PNG in their efforts to contain the severe Cholera outbreak sweeping through remote areas of the country.

#### Project Deliverables Include:

- Technical advice on water and sanitation measures for the immediate emergency response on the island of Daru.
- Advice to help prevent the further spread of Cholera by identifying the factors that were contributing to the outbreak in the region.