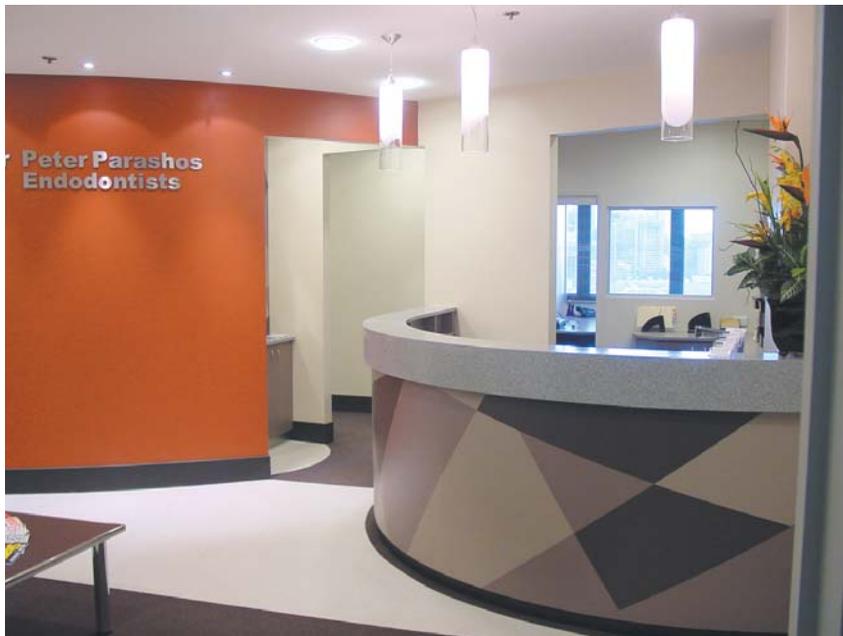




Busy endodontist expands into new practice



Well-known endodontist, Dr Peter Parashos, has recently expanded into a four-operator practice in Elizabeth Street, Melbourne, across the road from the former Royal Dental Hospital. The new practice was designed and built by specialist nationwide dental design and construct company, Medifit.

"I discovered Medifit at the ADIA trade display held in conjunction with the ADA Victorian Branch Convention in August 2002 in Melbourne," Dr Parashos said. "It was pure chance that I met with Medifit whilst perusing the display. For me, the principals, Sam and Geoff, happened to be in the right place at the right time."

After earning his MDS from the University of Melbourne in 1988, Dr Parashos started his endodontic career working first in Doncaster for a year, then in Collins Street, Melbourne. In 2000, he commenced his PhD in endodontics and, as part of this major life change, moved to Elizabeth Street, nearer the School of Dental Science of the University of Mel-

bourne. Here he rented an operatory from an orthodontist for a day per week whilst undertaking his endodontic research. This quickly grew once two other endodontists joined the practice and it soon became clear that expansion was in order. It was around that time that Dr Parashos first met with Medifit about the options available in this area.

The new rooms have been completely designed and built by Medifit, which is a National Design and Construction company for Dentists. Geoff Raphael is the Design Director and has three dentists in his immediate family, so dentistry is nothing new to this company. Their team of six designers are fully versed in all the requirements of a modern dental practice.

"The design process we were taken through with Medifit was extremely thorough. Firstly, discovery of our real requirements in terms of our needs for our patients and for our referring dentists occurred. Secondly, the ergonomics

of our particular speciality, the workflow of administration and staff, and finally the details of our idiosyncrasies in treatment and equipment. Geoff's dental awareness is a real asset to the company," Dr Parashos said.

"The presentation of the Medifit design utilises computer generated three-dimensional design so we saw virtual sketches of the interiors before they were built.

"We were delighted and relieved that this one company possessed the knowledge of dentistry and the professional design expertise in unison with the ability to totally look after the fit-out process and the construction of all our cabinets and furniture. All we had to do was watch as they went to work in an amazingly short period of time. Their systematic and well rehearsed approach to the construction was streamlined and efficient, as was their attention to detail."

The reception is tailored towards comforting and relaxing clients. It was important to portray a warm, comforting and relaxed feel whilst remaining





professional. There is a lot of warm earth colours used to create the comfortable ambience that exists. The interesting use of patchwork on the reception front adds further texture to the waiting space.

The corridors are carpeted in a beautiful rich brown with a slight corporate pattern. The warmth of the colour is balanced by the professional feel to the pattern. The play of curved walls against straight gives a spacious feel to an efficiently planned space.

The main operatories are fully designed to suit the needs of the endodontic specialists with Corian bench tops and seamless basins, stainless steel bin chutes, equipment utility roll out shelves with roller doors, colour backed glass splash backs to name a few features.

The operatories take in spectacular views of the Melbourne skyline, as does the reception by means of cleverly placed windows through the practice manager's office. The interaction between reception and practice manager allows for both privacy and control ensuring patient service is foremost.

The design incorporates all of the requirements of a modern professional endodontic specialists needs. There is an interesting play of bulkheads and walls dividing the client waiting and service areas from the treatment areas with a refresh area cleverly screened but obvious to an exiting patient. The logical process of workflow is reflected in the planning.



Medifit has designed into the 150m² of space all of Dr Parashos' wish list and more. This includes:

- Reception & waiting for five;
- Practice management office;
- Payment area screened;
- Refresh area for exiting patients;
- Four operatories (some to be fitted out later);
- Two practitioner offices and two write-up work areas;
- MADA compliant sterilisation room;
- Lunch and staff facilities;
- Store room; and
- Separate insulated and ventilated plant room.

The whole design is well planned to create zones of occupancy. Firstly patient zone, secondly doctor and assistants and thirdly support. The interaction between zones is restricted by view or physical barrier where required but allows for crossover for efficient workflow practices. The design process uncovered and catered to all of Dr Parashos's requirements.

The degree of difficulty on this project was considerable with multi-tenants on the floor below. The tenancy was created by downsizing of two adjacent tenants. Also, the floor has a fall of 60mm into the centre of the building which made the fit-out process high on on-site labour. Both tenancies on either side seconded Medifit to either refit or adjust their tenancies to make way for Dr Parashos.

Medifit employs specialist contractors on site that understand both dentistry and the Medifit System. In Victoria, Bill Stoney acts as a specialist in this area incorporating his expertise of over 30 years in the dental industry in chair/equipment installation and service and his intimate knowledge of the plumbing and electrical requirements to ensure the fit out proceeds without a hitch.

When asked about the fit-out process, Dr Parashos commented: "Before Medifit, I was dreading the whole process. I've heard some horror stories about dentists doing it themselves and usually it didn't go all that smoothly. I just didn't have the time to attempt the complex co-ordination of trades



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required for a major design and construction undertaking. This was not going to be a simple upgrade - it was to be built from scratch and it was to involve my endodontic practice with its particular requirements and also the Credit Union next door with their own brand of (non-dental) complexity. With Medifit, it was a seamless collaborative approach, stress-free and a very enjoyable experience dealing with the whole Medifit team. Sam, Geoff and John, who heads the construction team, looked after things themselves and knowing my commitments and crazy schedule, they only troubled me when absolutely necessary.

“To say that there were no glitches would go contrary to the rules of life, but the obstacles were minor and quickly pounced upon by the Medifit team. They were always only a phone call away whether in Melbourne, Perth or London! With Bill Stoney in Melbourne knowing my particular needs, he was readily available to help co-ordinate things. The whole Medifit process was second to none and I highly recommend them to any dental practitioner.”

Medifit’s mission statement is “to provide to Australian dentists an innovative and superior design and construction service, economical and to the highest standards of workmanship and service.”

“Medifit has developed their own proprietary systems for cabinet-works, compact Model storage units,

chair plumbing, x-ray support columns, plumbing and electrical shut off systems. This is standard with all Medifit jobs and not an add-on extra,” said Sam Koranis, managing director of Medifit.

Dr Parashos has recently moved in and had a chance to test all the design elements and feels very comfortable that all of Medifit’s work is going to deliver the outcomes that everyone required.

