

Summer 2010

Royal National Hospital
for Rheumatic Diseases



NHS Foundation Trust

GP UPDATE

What we offer at 'the Min' and how to access our services

Provider Code RBB01

www.rnhrd.nhs.uk



The Royal National Hospital for Rheumatic Diseases NHS Foundation Trust, also known as 'the Min', is a small, specialist Trust in the centre of Bath, providing a range of specialist services to adults, young people and adolescents on an inpatient, outpatient, daycase or outreach basis.

Services include:

- General and complex Rheumatology
- Neuro rehabilitation
- Chronic pain, and
- Chronic Fatigue Syndrome/ME

Diagnostic services such as:

- Upper GI endoscopy
 - Flexible Sigmoidoscopy
 - Bone Densitometry scanning
- are also provided.

The Trust attracts increasing levels of referrals from across the UK in addition to providing rheumatology and rehabilitation services for the local health community.

Dear Colleague,

Welcome to GP Update from the RNHRD. Inside, you'll find current service information and how to access our services, along with any changes to our medical staff. I hope you find this Update of use.

To help us to ensure that we are providing you with the information that you need in the format that you would like we would value any feedback that you may have. To enable us to develop this communication and ensure that it meets your requirements, please email any comments to info@rnhrd.nhs.uk or contact 01225 465 941 ext 211.

Regards

Dr Tim Jenkinson, Medical Director

Service Information

Please note that all referrals can be made by writing, or via choose and book if indicated below

Waiting Times: All routine GP referrals are booked within 5 weeks. We run a weekly emergency clinic for urgent referrals which can be accessed through contact with our medical staff.

Rheumatology

Adult Rheumatology

Service	Consultant/lead	Choose & Book speciality
General Rheumatology Rheumatoid Arthritis, Inflammatory Arthritis, Osteoarthritis, Fibromyalgia	Any Dr Appointment Dr A Bhalla Dr T Jenkinson Dr E Korendowych	Rheumatology
Soft Tissue Rheumatism	Dr M Piper Dr R Sengupta	Rheumatology
Ankylosing Spondylitis	Dr R Sengupta	Rheumatology
Connective Tissue Diseases (CTD) Lupus, Scleroderma, Sjogren's, Polymyositis, Vasculitis	Prof N McHugh Dr E Korendowych	Rheumatology
Hypermobility (+16 yrs)	Dr T Jenkinson	Rheumatology
Metabolic Bone Diseases	Dr A Bhalla	Rheumatology
Osteoporosis		Rheumatology
Paget's Disease		Rheumatology
Psoriatic Arthritis	Prof N McHugh Dr E Korendowych	Rheumatology
Sports & Exercise Medicine	Dr T Jenkinson	Rheumatology

Paediatric Rheumatology

Service	Consultant/lead	Choose & Book speciality
Adolescent Rheumatology (13-17 yrs)	Dr A Ramanan	Rheumatology
Paediatric Bone Clinic	Dr A Bhalla / Dr J Clinch	Rheumatology
Paediatric Hypermobility (up to 16 yrs)	Dr A Ramanan	Rheumatology
Paediatric Rheumatology (birth-12 yrs)	Dr A Ramanan	Rheumatology

Patient Education and Coping Skills

Service	Consultant/lead	Choose & Book speciality
Rheumatoid Arthritis Education Programme	S Brown, Clinical Nurse Specialist CTD	N/A
CTD, Education Programme for Lupus & Scleroderma	S Brown, Clinical Nurse Specialist CTD	N/A
Osteoporosis	J Webb, Clinical Nurse Specialist Osteoporosis	N/A
Fibromyalgia Coping Skills Course (must have a diagnosis of Fibromyalgia)	Sandi Derham, Clinical Specialist Occupational Therapist Julie Russell, Clinical lead/senior Physiotherapist	N/A

Diagnostics

Service	Consultant/lead	Choose & Book speciality
Endoscopy	Dr A Griffiths	General Medicine
Gastroscopy	Dr A Griffiths	Diagnostic Endoscopy
Flexible Sigmoidoscopy	Dr A Griffiths	General Medicine

Clinical Measurement & Imaging

Service	Consultant/lead	Choose & Book speciality
Direct Access Bone Densitometry Service	Dr A Bhalla J Webb, Clinical Nurse Specialist Osteoporosis	N/A

Any Queries / urgent referrals contact Jayne Down, Outpatients Manager on 01225 465941 ext 235

Neuro Rehabilitation

Service	Consultant/lead	Choose & Book speciality
General & Neuro Rehabilitation Clinic including Acquired & Traumatic Brain Injury Assessment/Management for Adults and Adolescents (from 16 yrs), stroke, Spinal Cord Injury and Multiple Sclerosis	Dr N Attagour	Rehabilitation
Specialist Outpatient IDT therapy, assessment and treatment for Complex Neuro Rehabilitation Patients	Dr N Attagour (Pls mark referral 'IDT')	N/A
Spasticity Assessment & Management Clinic including Functional Electrical Stimulation (FES) Clinic	Dr N Attagour or direct to Kate Winstone, Specialist Physiotherapist	Rehabilitation
The above clinic operates in conjunction with local community services		
Direct Access Outpatient Physiotherapy including assessment and provision of FES, Splinting, Hydrotherapy and Neuro Physiotherapy	Kate Winstone, Specialist Physiotherapist	N/A
Direct Access Outpatient Occupational Therapy including assessment and treatment	Julia Wilson, Specialist Occupational Therapist	N/A
Direct Access Outpatient Neuro-psychology (+18 yrs)	L Russell, Consultant Clinical Psychologist	N/A
Outpatient Neuro-psychology for children & young people (from 6 - 18 yrs)	Dr P Tucker, Clinical Psychologist & Chartered Psychologist	N/A
Neuro-psychology includes psychological adjustment, cognitive rehabilitation and management of mood and behavioural issues post trauma as appropriate		
Outpatient Specialist Neuro Counselling includes adjustment work, personal relationships and couples work as appropriate	D Aronson, Specialist Neuro Rehabilitation Counsellor	N/A
Direct Access Outpatient Speech & Language Therapy including Specialist Neuro Speech and Language assessment and treatment	L Maendl, Speech & Language Clinical Specialist	N/A

Chronic Fatigue Syndrome/ME

Service	Consultant/lead	Choose & Book speciality
Chronic Fatigue Syndrome/ME Adult	N Catchpool / A Johnson, Speciality Leads	Rehabilitation
Chronic Fatigue Syndrome/ME Paediatric (up to and inc 18 yrs)	Dr E Crawley	Children's and Adolescents' Services

Chronic Pain Management nb these are tertiary level services – all patients referred must have been to a secondary care pain clinic within the last 12 months

Service	Consultant/lead	Choose & Book speciality
Pain Management Service for Adults (+18yrs)	Dr L McCracken Dr P Brook	Pain Management
Pain Management for Young Adults (18-30 yrs)	Dr H Connell	Pain Management
Pain Management for Adolescents (11-18 yrs)	Dr H Connell Dr J Clinch	Pain Management

Complex Regional Pain Syndrome

Service	Consultant/lead	Choose & Book speciality
Complex Regional Pain Syndrome Adult (+18 yrs)	Prof C McCabe, Consultant Nurse Dr P Brook / Dr A Bhalla	Rheumatology
Children and Young People's Complex Regional Pain Syndrome (Birth – early 20s depending on developmental stage)	Dr H Connell Dr J Clinch	N/A

Peripheral Rheumatology Clinics

Clinics are held at Devizes, Malmesbury, Tetbury, Frome, Warminster, Paulton and Chippenham.
For information please contact Jayne Down, Outpatients Manager on: 01225 465941 ext 235

GP Update

Changes to Consultants/Medical Staff



The RNHRD is delighted to welcome Consultant Rheumatologist Dr Raj Sengupta who joins the Trust to lead its national specialist Ankylosing Spondylitis service, replacing Dr. Millicent Stone. Dr Sengupta trained at the Royal Free Hospital, London and undertook specialist rheumatology training locally in Bath. He treats over 250 patients a month with arthritis, approximately half of whom suffer with Ankylosing Spondylitis. He has participated in epidemiological research projects during his training and has publications in peer reviewed journals.

Service update

State of the Art Technology for Bone Mineral Densitometry Assessments

The RNHRD has a highly rated, gold standard, Hologic bone mineral densitometer. This is equipped with the very latest APEX software, known to give improved precision when monitoring change in bone density over time which is crucial for assessing, diagnosing and monitoring osteoporosis.

The RNHRD was the first centre in the UK to receive the latest APEX version 3.0 software which includes the FRAX (fracture risk assessment) tool. This is the WHO's new 10 year fracture risk model and is available with country specific data for the United Kingdom. This tool has been developed to help identify and proactively treat patients with a high risk of bone fractures, taking into account not only measurement of bone mass, but also the additional contribution of other risk factors.

In addition to standard bone density measurements, this equipment can be used to perform inter-vertebral morphometry assessments and body composition measurements, when appropriate.

Direct Access Bone Mineral Densitometry Service

Patients can be referred for a bone densitometry assessment via the GP direct access service. This service is a cost effective way of providing expert advice from the team led by our nationally recognised specialist osteoporosis consultant, Dr Bhalla. Appointments for urgent referrals are arranged as soon as required. Non-urgent referrals are offered appointments in approximately 3 weeks, or when the patient is fit to travel and undertake the scan after recovering from a fracture.

As well as carrying out the bone densitometry assessment, we also use a simple falls screening tool, to highlight patients who may benefit from further falls advice.

Following the appointment GPs will be sent a comprehensive report which provides an expert opinion on treatment options and also advice on appropriate follow-up. Reports for urgent referrals can be produced in a couple of days. Routine reports are sent to the GP in 2-3 weeks.

Osteoporosis Service

The Bone Mineral Densitometry service is integrated within our established osteoporosis services led by Dr Bhalla. Our expertise includes paediatrics, Paget's and metabolic bone disease. The services are supported by an osteoporosis telephone helpline. The osteoporosis service also includes the Falls and Fracture Liaison Service run jointly with the RUH fracture clinic.

