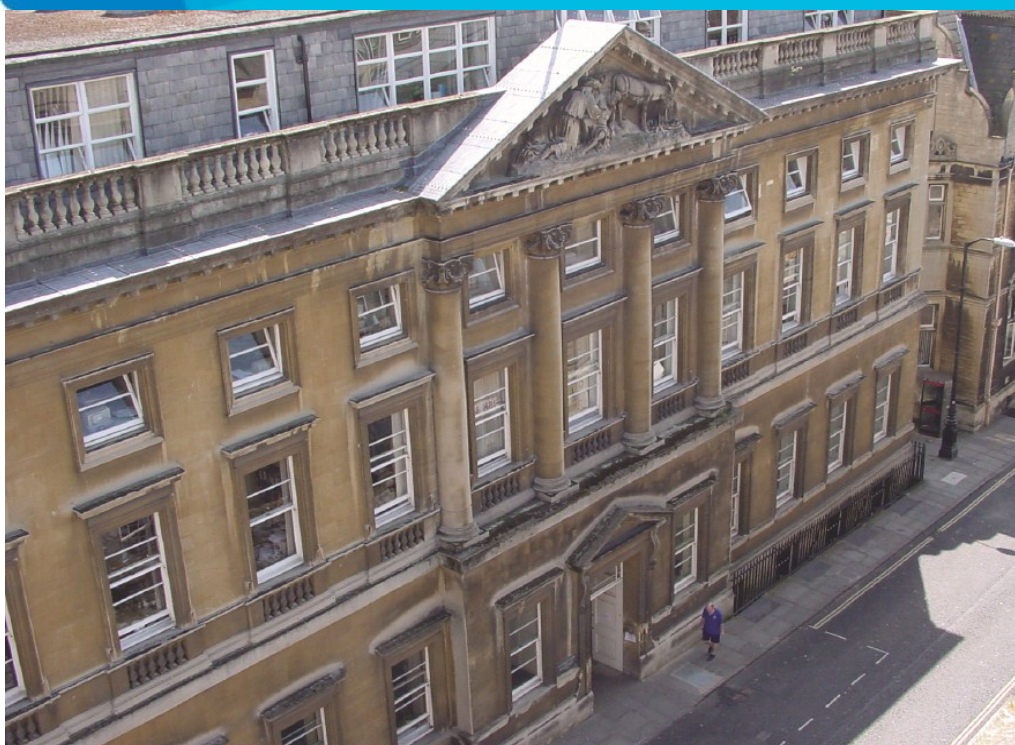


# GP UPDATE

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

Provider Code RBB01

[www.rnhrd.nhs.uk](http://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
- Complex Region Pain Service

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](mailto:info@rnhrd.nhs.uk) or contact 01225 465941 ext.299.

Regards

Dr Ashok Bhalla, 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, Soft Tissue Rheumatism	Any Dr Appointment Dr A Bhalla, Consultant Rheumatologist Dr T Jenkinson, Consultant Rheumatologist Dr E Korendowych, Consultant Rheumatologist Dr M Piper, Associate Specialist in rheumatology Dr R Sengupta, Consultant Rheumatologist	Rheumatology
Ankylosing Spondylitis	Dr R Sengupta, Consultant Rheumatologist	
Connective Tissue Diseases (CTD) Lupus, Scleroderma, Sjogren's, Polymyositis, Vasculitis, Myositis	Prof N McHugh, Consultant Rheumatologist Dr E Korendowych, Consultant Rheumatologist	
Hypermobility (+16 yrs)	Dr T Jenkinson, Consultant Rheumatologist	
Metabolic Bone Diseases	Dr A Bhalla, Consultant Rheumatologist	
Osteoporosis		
Paget's Disease		
Psoriatic Arthritis	Prof N McHugh, Consultant Rheumatologist Dr E Korendowych, Consultant Rheumatologist	
Sports & Exercise Medicine	Dr T Jenkinson, Consultant Rheumatologist	

#### Paediatric Rheumatology

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

#### Peripheral Rheumatology Clinics

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

#### Patient Education and Coping Skills

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

#### Diagnostics

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

#### Clinical Measurement & Imaging

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

## 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 P Carroll, Consultant in Rehabilitation Dr B Zhang, Consultant in Rehabilitation	Rehabilitation
Specialist Outpatient IDT therapy, assessment and treatment for Complex Neuro Rehabilitation Patients		N/A (Pls mark referral 'IDT')
Spasticity Assessment & Management Clinic including Functional Electrical Stimulation (FES) Clinic <b>This clinic operates in conjunction with local community services</b>	Dr P Carroll/Dr B Zhang or direct to Ingrid Wilkinson, Specialist Physiotherapist	Rehabilitation
Direct Access Outpatient Physiotherapy including assessment and provision of FES, Splinting, Hydrotherapy and Neuro Physiotherapy	Ingrid Wilkinson, Specialist Physiotherapist	N/A
Direct Access Outpatient Occupational Therapy including assessment and treatment	Helen Ibbunson, Occupational Therapist/Clinical Specialist	
Direct Access Outpatient Neuro-psychology (+18 yrs)	L Russell, Consultant Clinical Psychologist	
Outpatient Neuro-psychology for children & young people (from 6 - 18 yrs)	Dr P Tucker, Clinical Psychologist & Chartered Psychologist	
<b>Neuro-psychology includes psychological adjustment, cognitive rehabilitation and management of mood and behavioural issues post trauma as appropriate</b>		
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 Therapist Clinical Specialist	

**Any queries regarding Neuro rehabilitation please contact Deborah Davies, Admissions Co-ordinator on 01225 473458**

## 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, Consultant Paediatrician	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 P Brook, Consultant in Pain Management	Pain Management
Pain Management for Young Adults (18-30 yrs)	Dr H Connell, Consultant Clinical Psychologist	
Pain Management for Adolescents (11-18 yrs)	Dr H Connell, Consultant Clinical Psychologist Dr J Clinch, Consultant Paediatric Rheumatologist	

## 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, Consultant in Pain Management	Rheumatology
Children and Young People's Complex Regional Pain Syndrome (Birth – early 20s depending on developmental stage)	Dr H Connell, Consultant Clinical Psychologist Dr J Clinch, Consultant Paediatric Rheumatologist	N/A

For any queries regarding the Pain Management or CRPS Services please contact Lisa Self 01225 473427



# GP Update

## Changes to Consultants/Medical Staff

We are delighted to welcome the second Consultant in Rehabilitation Medicine Dr Beatrice Zhang, MB, MD, MRCP, DPhil, who joins our Neuro Rehabilitation team. Dr Zhang completed her post graduate training in Rehabilitation Medicine at London and Wessex. She has a background in Neurology and a DPhil in Stroke. Beatrice has substantial clinical research experience and teaching experiences of both medical students and research postgraduates.

Beatrice's specialist interests include stroke rehabilitation, MS rehabilitation, brain injury rehabilitation, spinal rehabilitation, and spasticity management.



## ARM Pain Trial

The ARM Pain Trial is investigating the experiences of patients referred to physiotherapy for distal arm pain. Researchers hope to establish if fast-track physiotherapy results in less pain and disability amongst this patient population compared with physiotherapy delivered after the normal waiting list period.

### Referral Information

General Practitioners are encouraged to refer patients presenting with distal arm pain (pain in the elbow, forearm, wrist or hand) to the outpatient physiotherapy department at the RNHRD. Please address referrals to Julie Russell, Outpatient Services Lead. Once referrals have been received patients will be screened for eligibility and randomised onto the study once consented.

The main criteria are as follows:

**Inclusion:** 18 years at time of screen

**Exclusion:** Previous physiotherapy for distal arm pain within past 12 months, Pain second to a fracture of inflammatory disease or cancer, CRPS.

For more information please contact:

Nike Olaitan, Research Study Coordinator / Physiotherapist 01225 481156 ext 218

Chrysa Gkazinou, ARM Trials Manager on 01224 437138

## Service update: Joint Injection Clinics at the RNHRD

Dr Piper leads a dedicated injection clinic which allows patients with inflammatory arthritis to receive injections enabling synovitis to be rapidly controlled. This clinic is available to RNHRD patients following a review of indications for injection by their lead clinical team and it is a valuable training resource for GPs. Patients with non-inflammatory arthritis and soft tissue disorders may also be referred by their clinical teams.

The injection clinic also serves as a resource for education and training. In-house trainees rotate through the clinic to learn injection techniques and is a valuable training resource for GPs. GPs usually attend two injection clinics to up-skill in practical intra-articular and soft tissue injection techniques.

For more information about attending an injection clinic please contact:

Jo Grintner/Trish Myers Medical Secretaries to Dr. Piper on 01225 473469.

Please note all new patients must be assessed in a General Rheumatology clinic prior to accessing the injection clinic. Please do not refer new patients directly to the injection clinic service.

Royal National Hospital for Rheumatic Diseases, NHS Foundation Trust  
Upper Borough Walls, Bath, BA1 1RL

01225 465941 [www.rnhrd.nhs.uk](http://www.rnhrd.nhs.uk)