

# 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
- 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. 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, Consultant 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 S Derham, Clinical Specialist OT	

#### 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	Rehabilitation
Specialist Outpatient IDT therapy, assessment and treatment for Complex Neuro Rehabilitation Patients		N/A (Pls mark referral 'IDT')
Spasticity Assessment & Management Clinic <i>This clinic operates in conjunction with local community services</i>	Dr P Carroll	Rehabilitation
Direct Access Outpatient Neurophysiotherapy including Functional Electrical Stimulation (FES), splinting, hydrotherapy and Constraint Induced Movement Therapy (CIMT)	I Wilkinson & K Winstone Specialist Physiotherapists	N/A
Direct Access Outpatient Occupational Therapy including assessment and treatment	H 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 Dr A Bhalla, Consultant Rheumatologist	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

## The 'Min' to join with the RUH in 2013

The Mineral Hospital is preparing to join with the RUH, this is good news for patients, services and staff. The aim is that services will be managed by the RUH from Spring 2013, once the RUH becomes a foundation trust. This decision to join forces will strengthen care provision and clinical linkages into the future. At this point in time the plan is for all services, staff and assets of RNHRD including the Mineral Hospital building to be transferred. During the period of transition the Min remains fully operational and all patients are continuing to receive the high quality care and treatment they need. For further details please contact Derek Thorne, Head of Communications, RNHRD [derek.thorne@rnhrd.nhs.uk](mailto:derek.thorne@rnhrd.nhs.uk) tel 01225 465 941

## Exposure to Varicella Zoster Virus whilst on Biologic therapy.

Patients who are on Biologic therapy are immunosuppressed and therefore more vulnerable to, not only contracting varicella, but also developing disseminated infection. We have therefore created some local guidelines in conjunction with the Microbiologists at the Royal United Hospital in Bath, to guide how Rheumatology patients on biologic therapy should be managed in the event that they are exposed to Varicella Zoster virus (VZV). This may be either as primary chickenpox or shingles. Our aim is to reduce the risk of exposure developing into infection that may be severe.

We are currently in a Pilot Phase of the guidelines and therefore have not yet released them for access to General Practitioners through our website. We would be very grateful for your assistance in the Pilot by alerting the RNHRD to any Rheumatology patient on Biologic therapy who has been exposed to VZV.

A patient should be considered "exposed" if they have had contact with another individual who has active chickenpox or shingles: **For 15 minutes or more in the same room OR Face to face conversation of any length.**

This *still* applies if the patient who is on Biologic therapy has a personal history of chickenpox or shingles themselves.

If a patient is identified, then either the patient or their GP should contact either: **Deborah Bond (Clinical Nurse Specialist), Nicola Waldron (Clinical Nurse Specialist)**. Depending on the patient's risk, they may require blood tests and prophylactic treatment with Varicella Zoster Immunoglobulin. The earlier we know about the patient's exposure, the earlier we can intervene. Should you identify a patient who is on Biologic therapy and has **ACTIVE** VZV infection (rather than asymptomatic exposure), then please also call for advice if necessary. Once again, we are very grateful for your help!

*Ward based registrar .*

## Neuro rehab showcase their research at 2012 World Congress on Brain Injury

The 9<sup>th</sup> World Congress on Brain Injury was held in Edinburgh in March 2012 and five abstracts from Neuro rehabilitation at RNHRD were accepted as poster presentations and published in *Brain Injury* Apr 2012, Vol. 26, No. 4-5: 309-799. The topics were nutrition (abstract no. 0055), infection patterns (no. 0811), driving assessments (no. 0581) and physiotherapy interventions for people with traumatic brain injury. The physiotherapy interventions were electrical stimulation applied to help walking, increase muscle strength or reduce spasticity in a series of inpatient case studies (no. 0816) and an inpatient case study using constraint induced movement therapy (CIMT) in the context of neglect (no. 0802). Both neurophysiotherapy treatments [provided at the RNHRD] have a developed evidence base and are available for inpatients and outpatients alongside other therapy interventions. Please use the contact listings on the previous page if you would like to know more.

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