

# 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 (RNHRD), 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
- Chronic Pain including Complex Regional Pain Syndrome (CRPS)
- Fatigue Management including Chronic Fatigue Syndrome/ME
- Cancer Survivorship
- Specialist Outpatient Therapy
- Patient education/coping skills programmes

Diagnostic services such as:

- Upper GI endoscopy
- Flexible Sigmoidoscopy



Dear Colleague,

Welcome to this 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

**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 R Sengupta, Consultant Rheumatologist Dr J Pauling, Consultant Rheumatologist Dr T Ahmed, Consultant Rheumatologist	Rheumatology  NB Connective Tissue Disease Services are directly bookable
Ankylosing Spondylitis	Dr R Sengupta, Consultant Rheumatologist	
<b>Connective Tissue Diseases (CTD)</b> Lupus, Sjogren's, Myositis, Polymyositis, Vasculitis,	Prof N McHugh, Consultant Rheumatologist Dr E Korendowych, Consultant Rheumatologist Dr J Pauling, Consultant Rheumatologist	
Raynaud's and Scleroderma	Dr J Pauling, Consultant Rheumatologist	
Early Synovitis Clinic	Dr J Pauling, Consultant Rheumatologist	
Hypermobility (+16 yrs)	Dr T Jenkinson, Consultant Rheumatologist	
Metabolic Bone Diseases	Dr A Bhalla, Consultant Rheumatologist Dr T Ahmed, Consultant Rheumatologist	
Osteoporosis		
Paget's Disease		
Psoriatic Arthritis	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)	Prof A Ramanan, Consultant Paediatric Rheumatologist	Rheumatology
Paediatric Bone Clinic	Dr A Bhalla, Consultant Rheumatology	
Paediatric Hypermobility (up to 16 yrs)	Prof A Ramanan, Consultant Paediatric Rheumatologist	
Paediatric Rheumatology (birth-12 yrs)	Prof 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.

#### Rheumatology Therapy Outpatient Services

Service	Consultant/lead	Choose & Book speciality
Occupational Therapy	Sandi Derham	N/A
Physiotherapy (inc hydrotherapy)	Julie Russell	
Rheumatology Paediatric Physiotherapy	Gemma Lilley	
Spondyloarthritis	Amanda Thomas	
Hypermobility	Sin-ti Towlson	

#### 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	

<b>Chronic Fatigue Syndrome/ME</b>		
<b>Service</b>	<b>Consultant/lead</b>	<b>Choose &amp; Book speciality</b>
Chronic Fatigue Syndrome/ME Adult	N Catchpool / A Johnson Clinical Lead/Occupational Therapist	Rehabilitation
Chronic Fatigue Syndrome/ME Paediatric (up to and inc 18 yrs)	Dr E Crawley, Consultant Paediatrician	Children's and Adolescents' Services

<b>Complex Regional Pain Syndrome (CRPS)</b>		
<b>Service</b>	<b>Consultant/lead</b>	<b>Choose &amp; Book speciality</b>
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

<b>Chronic Pain Management</b> nb these are tertiary level services – all patients referred must have been to a secondary care pain clinic within the last 12 months		
<b>Service</b>	<b>Consultant/lead</b>	<b>Choose &amp; Book speciality</b>
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	

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

<b>Cancer Survivorship Services</b>		
<b>Service</b>	<b>Consultant/lead</b>	<b>Choose &amp; Book speciality</b>
Breast Radiotherapy Injury Rehabilitation Service (BRIRS)	Dr Peter Brook, Consultant in Pain Management Medical Lead Referrals to Prof Candy McCabe, Consultant Nurse	Breast Radiotherapy Injury Rehabilitation Service.
Macmillan Step Up Service Cancer Related Fatigue	N Catchpool/A Johnson Clinical Lead/ Consultant Occupational Therapist  Self referral—see <a href="http://www.rnhrd.nhs.uk">www.rnhrd.nhs.uk</a> for forms and further information	N/A Open for self referral

<b>Diagnostics</b>		
<b>Service</b>	<b>Consultant/lead</b>	<b>Choose &amp; Book speciality</b>
Endoscopy	Dr A Griffiths, Consultant Gastroenterologist	General Medicine
Gastroscopy		Diagnostic Endoscopy
Flexible Sigmoidoscopy		General Medicine

<b>Clinical Measurement and Imaging</b>		
<b>Service</b>	<b>Consultant/lead</b>	<b>Choose &amp; Book speciality</b>
Direct Access Bone Densitometry Service	Dr T Ahmed, Consultant Rheumatologist Dr A Bhalla, Consultant Rheumatologist J Webb, Clinical Nurse Specialist Osteoporosis	N/A



# GP Update

## GP Advice Line for Specialist Rheumatology Advice

GPs can use our new rheumatology advice line. This is available exclusively to GPs and will provide a direct line to specialist rheumatology advice.

**Available weekdays from 11am –1pm**

**07747 630875**

## Welcome Dr John Pauling BMedSci MCRP (Rheum) PHD

Dr John Pauling was recently appointed as consultant rheumatologist at the RNHRD, he runs weekly dedicated connective tissue disorder (CTD) clinics and welcomes the referral of new patients with Raynaud's phenomenon in whom an underlying CTD is suspected or needs to be excluded. In 2009 he was awarded the Dando fellowship, jointly funded by the RSA and Royal College of Physicians. His PhD research, undertaken under the supervision of Professor Neil McHugh, evaluated the potential contribution of platelets to microvascular dysfunction in primary Raynaud's phenomenon and systemic sclerosis. This work has helped John to develop an interest in outcome measures in scleroderma research. The RNHRD provides one of the UK's leading serology and microvascular imaging service to ensure the early identification of potentially life threatening CTDs such as scleroderma.



John leads the microvascular imaging service at RNHRD. He is contributing to current initiatives of the UK Scleroderma Study Group and the Scleroderma Clinical Trials Consortium. He holds an honorary visiting senior lecturer appointment at the University of Bath. John also leads the clinical and academic programmes for rheumatoid arthritis at the RNHRD.

## Early Synovitis Clinic

Patients with suspected Early Inflammatory Arthritis (EIA) are being fast-tracked for assessment in the ESC following referral and the waiting time is currently around 3 weeks. Clinical findings that should prompt a referral to the ESC include:

- New onset arthritis (particularly with symptoms for >6 weeks)
- Swelling in two or more joints
- Early morning stiffness of >30 minutes
- Positive MCPJ or MTPJ squeeze test
- Involvement of the small joint of hands and feet or wrists

The following laboratory investigations might also raise the clinical suspicion of EIA; Raised CRP, PV or ESR, Positive rheumatoid factor/anti-CCP. Dr Pauling is leading our participation in a national audit that will allow us to evaluate referrals to the ESC and early management of rheumatoid arthritis at the RNHRD.

## Welcome Dr Tesheen Ahmed



Dr Tesheen Ahmed has joined the Trust as a consultant in rheumatology and has a special interest in osteoporosis and metabolic bone disease. Dr Ahmed undertook his medical training in Birmingham and completed his rheumatology training in the Severn region. He is a member of the British Society for Rheumatology, the National Osteoporosis Society, and the American Society for Bone and Mineral Research. Dr Ahmed is the current co-convenor of the British Society for Rheumatology osteoporosis special interest group. He also has an interest in medical education and has completed a postgraduate certificate in Teaching and Learning for Health Professionals at the University of Bristol. He currently runs general rheumatology, osteoporosis, and joint/soft tissue injection clinics.