



Spire

St Anthony's Hospital

Keeping GPs up-to-date with news
from Spire St Anthony's Hospital

July 2019

GP Newsletter



**We see NHS Patients too
via the NHS E-referrals
System – see page 5 for
more details...**

Looking after you.



How to book / refer your patient...

Self-pay patients

Please ask your patient to contact our self-pay team on **020 8335 4646** to book an initial consultation

Patients using Private Medical Insurance

Your patient can call us on **020 8335 4678**

If your patient has health insurance you can now send us Online Referrals via Spire Connect

Register at

<https://spireconnect.spirehealthcare.com/login/>

and follow simple on line instructions



Miss Sonja Cerovac, Consultant Plastic Surgeon

Has your hand injury been evaluated correctly?

Hand injuries are common and even the most trivial ones can be annoying as interfering with invaluable tasks that hands perform for us on a daily basis. Delicate anatomy and biomechanics of the wrist and fingers provide us with amazing dexterity, strength and precision at the same time. Finesse may however, easily be compromised by trauma as scarring and stiffness inevitably accompany tissue damage. Tendon, nerves, ligaments, joints and bones are positioned relatively superficially, making the hand an organ susceptible to accidents. It is essential to seek specialist assessment and input early in order to ensure accurate initial evaluation and to avoid debilitating outcomes.

Sharp cuts in hands often result in laceration of the underlying **tendons** and/or **nerves** which should be repaired ideally within the first 2 – 5 days, whilst tissue reparatory potential is the highest. Inability to straighten or bend the finger (Pic 1 and 2) after an incident, should raise suspicion of a possible tendon injury, which needs urgent attention. Tendons are suspended under tension between the muscle and target joints, so if divided, they are likely to spring back into the palm or forearm leaving the gap between severed ends. Unless these ends are approximated surgically within the first few days, the muscle shrinks making straight forward tendon repair impossible. More complicated and less predictable grafting and tendon reconstruction might be the only option to restore motion at the later stage. Similar applies to divided nerves associated with altered sensation and possible hand weakness due to denervation of small muscles.

Fractures are relatively easy to diagnose with x-rays, but experienced opinion is essential in the first few days to triage which fractures need surgical fixation and which do not. Finger rotation (Pic 3) due to the underlying fracture must be corrected as soon as possible and this is most commonly achieved operatively.

Sprains and **dislocations** of joints are less easy to diagnose, leading to late finger deformities as a result of unrecognised and untreated ligamentous injuries. Ligaments need surgical repair in case of frank instability. The majority can however be managed conservatively providing rehabilitation is supervised by an expert. Correct combination of splintage and mobilisation must facilitate healing, but prevent shortening (contracture) which is very unforgiving in fine, small hand joints (Pic 4).

It is better to suspect and overestimate hand injury than try to correct deformity which results from ignored and/or mismanaged trauma. Make sure that your patients are diagnosed correctly from the beginning and looked after by a hand specialist familiar with all aspects of treatment and can help immediately.

More information about the commonest hand injuries and their management can be found at https://www.bssh.ac.uk/patients/conditions/hand_injuries



Picture 1



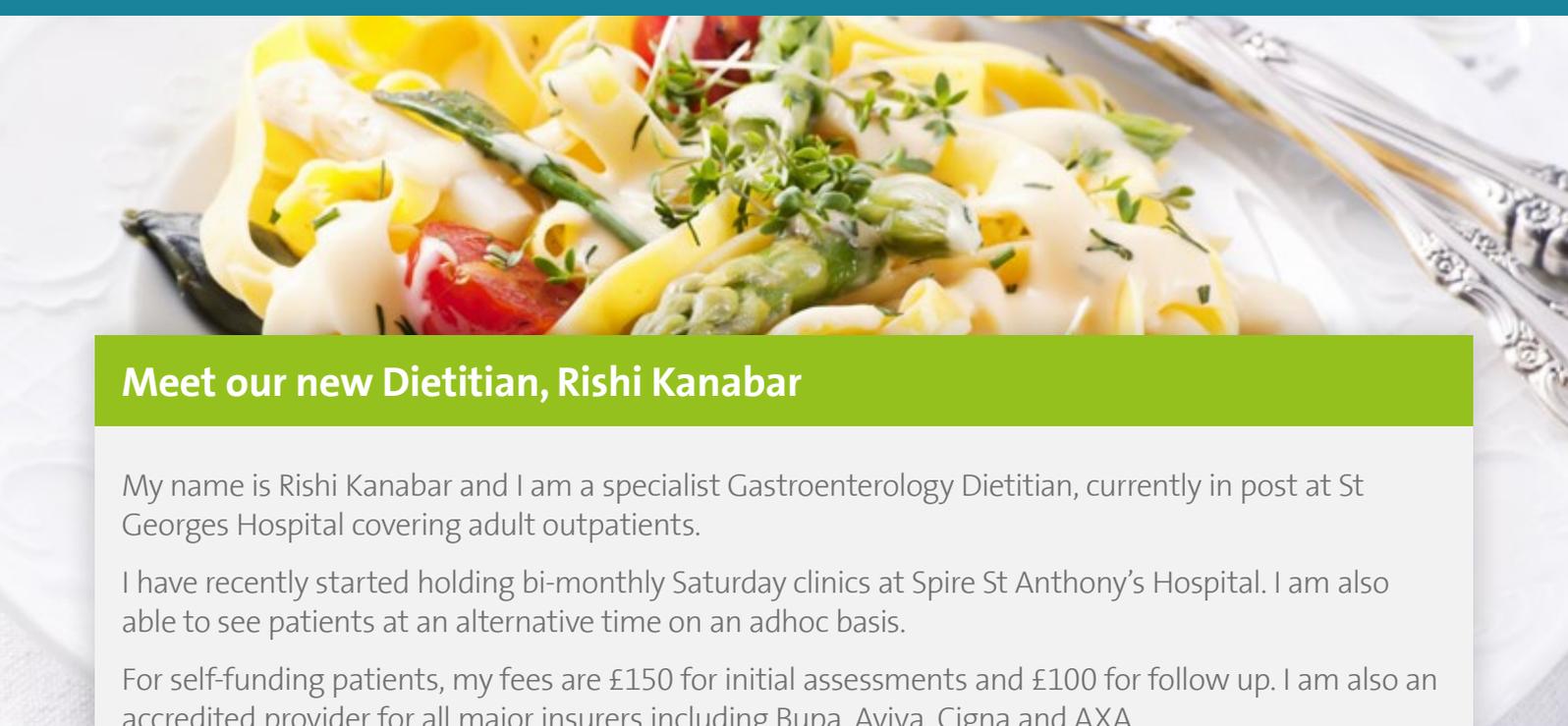
Picture 2



Picture 3



Picture 4



Meet our new Dietitian, Rishi Kanabar

My name is Rishi Kanabar and I am a specialist Gastroenterology Dietitian, currently in post at St Georges Hospital covering adult outpatients.

I have recently started holding bi-monthly Saturday clinics at Spire St Anthony's Hospital. I am also able to see patients at an alternative time on an adhoc basis.

For self-funding patients, my fees are £150 for initial assessments and £100 for follow up. I am also an accredited provider for all major insurers including Bupa, Aviva, Cigna and AXA.

So why choose me as your preferred route of referral?

- Professional timely communication to all necessary healthcare professionals involved in the patients care in line with data protection laws
- Evidenced based practice
- HCPC and BDA Registered
- On-going CPD in specialist areas including the FODMAP diet, EOE and gastrointestinal allergies and functional gut symptoms
- Peer reviewed patient resource abiding to the information standards Authority (ISA)

Patient services offered:

- IBS and the Low Foodmap diet
- Bile Acid malabsorption dietary and drug management
- Pancreatic exocrine insufficiency. As you are likely aware, there is an increasing prevalence and its close monitoring and management can dramatically improve patient quality of life
- Functional disorders on a background of well controlled IBD
- Low residue and low fibre diets
- 6 food elimination diets for Eosinophilic oesophagitis
- Modified texture diets and Oral nutritional support
- NAFLD, NASH and weight loss
- Healthy Eating and cardiac rehabilitation
- Coeliac disease and the strict gluten free diet
- Oral nutritional support
- Pre and post surgical optimisation
- Pre and post bariatric surgery weight loss
- Post Bariatric GI symptoms
- Post stroke rehabilitation and nutritional support in dysphagia

How to refer?

I will happy to see any patient with a detailed assessment letter from you with all relevant pathology, histology, imaging and endoscopy findings provided.

Please call the bookings team on **020 8335 4678**



NHS Service Update

We have increased our number of shoulder appointments due to increase in demand and Mr Arvind Mohan has joined Mr Mark Jeffery to provide this service. We have just introduced two new services to our NHS DOS, which are listed below and commenced in June 2019.

Endoscopy Clinic	Mr Ash Gupta Mr Arun Shanmuganandan
Rectal Clinic	Mr Ash Gupta Mr Arun Shanmuganandan

The conditions and treatments available are published online. If you have any queries or are unable to view them please let us know. Your Primary Care Manager contact details are listed on the last page.

We would like to remind you to check the exclusions for NHS referrals before submitting, as we want to ensure that your patients have a positive experience with our hospital, and not cause any delays in their treatment.

We currently offer a limited number of NHS services via eRS (formerly Choose and Book). We run NHS clinics for the following: nose and throat, gallstones, hernia, forefoot, hip, knee, shoulder, spine and pain management.

Michele French and Rahena Subhan are the points of contact at Spire St Anthony's Hospital for our NHS work. If you have any enquiries they can be directed to the team on spire.stanhs@nhs.net



Welcome to our new consultants:

Dermatologist	Dr Zainab Laftah
Dietician	Miss Charlotte Foster Mr Rishi Kanabar
Endocrinologist	Dr Mimi Chen
Gastroenterologist	Dr Vivek Chhaya
Gynaecologist	Miss Zahra Ameen Mr Glefya Furtado
Orthopaedic Surgeon	Mr Sanjay Chougule
Sports Therapist	Mr Darren Page

Events

Date & Time	Venue	Topics
Wed 10th July 1pm – 2pm	Seminar Room Spire St Anthony's Hospital 801 London Road, Sutton SM3 9DW	Ulcers of the lower limb: investigation and management Speaker: Mr Gary Maytham Consultant Vascular Surgeon
Sat 13th July 9am – 1pm	St Bede's Conference Centre 801 London Road, Sutton SM3 9DW	MSK Part 2 Topics covered: Foot, Ankle, Knee, Hip, Sports Injuries
Sat 28th September 9am – 1.30pm	St Matthew House and Conference Centre 20 Great Peter Street Westminster London SW1P 2BU	GP Conference in Westminster Topics covered: AF, Stroke Prevention, Urology, Thoracic
Sat 28th September 9am – 1.30pm	St Bede's Conference Centre 801 London Road, Sutton SM3 9DW	ECG Interpretation Training
Wed 2nd October 9am – 1.30pm	Epsom Downs Racecourse Jockey Club, Epsom Downs Racecourse, Epsom Downs KT18 5LQ	GP Conference at Epsom Downs Racecourse Topics covered: Haematology, Orthopaedic, Cardiology and Paediatric ENT
Fri 25th October 1pm – 2pm	Boardroom Spire St Anthony's Hospital 801 London Road, Sutton SM3 9DW	GP Lunch Red flags in rheumatology – what not to miss! Speaker: Dr Simon Paul Consultant Rheumatologist
Wed 27th November 9am – 1.30pm	St Bede's Conference Centre 801 London Road, Sutton SM3 9DW	Update on Long Term Conditions Topics covered: Diabetes, Hypertension, Respiratory, Rheumatology



Contact Queries

For any queries about Spire St Anthonys Hospital, please contact your local Primary Care Manager

For queries in Hammersmith & Fulham CCG, Lambeth CCG, Merton CCG Sutton CCG Wandsworth CCG:

Please contact **Karen Watts** Tel: 07702 883 774

Email Karen.watts@spirehealthcare.com

For queries in Hounslow CCG, Kingston CCG, Richmond CCG, Surrey Downs CCG:

Please contact **Katerina Wells** Tel: 07834 177 342

Email Katerina.wells@spirehealthcare.com

For educational events queries:

Please contact **Frederic Viray** Tel: 020 8335 4545

Email spiregpeducation@spirehealthcare.com