

## A NEW PELVIC FLOOR SERVICE

We have established a new pelvic floor service at Parkside Hospital, under the leadership of Mr Devinder Kumar. This service is specifically for patients with bowel and/or bladder-related pelvic floor problems and will be nurse-consultant led with multi-disciplinary consultant support.

**Current evidence shows that symptoms can be improved with conservative management in up to 60% of patients.**

The aim of the new service is to provide high quality, patient focussed care that conforms to National Guidelines and improves patient preferences and experiences.

It will continue to allow patient choice in the provider of their specialist secondary care.

All referrals will be triaged by a nurse consultant, supported by PFD/colorectal and uro-gynaecology consultants. Patients will be directed to appropriate integrated pathways and in some cases will require direct referral for further secondary care-based specialist diagnostic investigations. The nurse consultant will triage results, instigate and follow up conservative therapies and refer fully investigated patients on to specialist medical consultations, as indicated through shared protocols.

Following referral, the patient will attend the pelvic floor clinic for outpatient consultation, investigation and first line conservative management. Investigations that

can be provided on site will be undertaken at the initial consultation, to provide a one-stop service for patients. It is acknowledged that some diagnostic investigations cannot be provided locally and patients will need to access these via secondary care.

First line management will involve a range of conservative management strategies and will be recommended in accordance with national guidelines. Patients failing first line therapies will require onward referral to a uro-gynaecologist and/or colorectal surgeon. Patients requiring a multi-disciplinary consultation will be discussed in a MDT clinic setting.

Patients can be referred to Mr Devinder Kumar and Kathy Davis, Consultant Nurse Specialist by calling 07960 518422.

## WE'RE SMARTENING UP...

As part of our ongoing refurbishment programme we have already started to redecorate our first floor patient rooms and nursing station.

This will be followed shortly by our third floor oncology patient rooms. We are replacing carpets with a variety of hard floor surfaces which have been chosen to best suit the purpose of each space. This will not only be more aesthetically pleasing, but will also meet stringent infection control requirements.

The signage around the car park has recently been upgraded in line with our new Parkside Hospital branding. We take great pride in our patient and visitor car parking, which is co-ordinated by our excellent car park attendants.



**NEW DIRECT GP TELEPHONE LINE:**

**020 8971 8039** 📞

SPRING

# parkside newsletter



**Hilda Bradbury**  
Hospital Director

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T: 020 8971 8016

**W**elcome to our new style newsletter for GPs and referrers which will be sent to you quarterly – I hope you will find this a good source of information about what we are able to offer to your patients at Parkside Hospital and Cancer Centre London. In the newsletter you will find details of our new services and also profiles of consultants who have recently joined us. I would very much appreciate your feedback on our services.

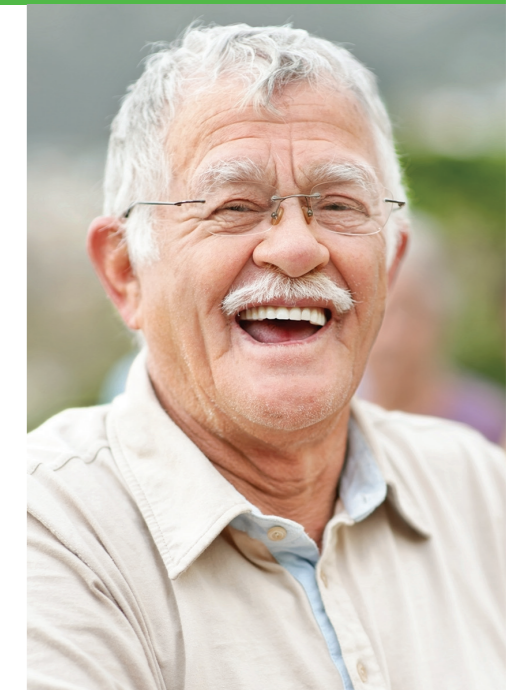
## CHOOSE AND BOOK AT PARKSIDE

We are pleased to announce that Parkside Hospital is now live on Choose and Book.

We will be adding more specialities over the coming months, but initially NHS patients can be referred to Parkside for treatment within the following specialities:

- Knee problems
- Shoulder disorders
- Pain management
- Spinal surgery
- Gall bladder

To ensure Parkside Hospital is one of the choices available to your patients, and for more information on using the Choose and Book system, please do not hesitate to contact our Contracts Administrator, Karis Headley on 020 8971 1261.



In order to save you time we have launched a brand new telephone line which is manned by our dedicated Outpatient staff from 9am to 7pm Monday to Friday. We would politely request that this telephone number is not given out to patients.

Part of Aspen Healthcare  
[www.aspen-healthcare.co.uk](http://www.aspen-healthcare.co.uk)

**NEW DIRECT GP TELEPHONE LINE:**

**020 8971 8039** 📞

## HERE TO HELP

# How we can help support you in advising and caring for your patients...

- Comprehensive educational CPD programme
- 'Lunch & Learn' in your surgery – educational visits from our Consultant speakers
- Resuscitation trainer providing CPR training in your surgery
- Consultant directory and referral forms
- Dedicated GP line for outpatient appointments
- Onsite CPA accredited laboratory providing rapid results for local GPs
- Fully-compliant Sterile Services Unit offering contract or contingency sterile services
- Extensive Pharmacy services

If there are any other areas in which we can assist you – please call us on 020 8971 8031.



## PHOTODYNAMIC THERAPY (PDT)



Photodynamic therapy or PDT has been offered at the Cancer Centre London since 2006 and radiographers delivering PDT are both highly trained and experienced.

Photodynamic therapy is a light therapy technique used for treating superficial skin cancers and sun damaged skin which has the potential to become cancerous if left untreated.

PDT works using the mechanism of a photochemical reaction created by the interactions of a photosensitising cream, red light and oxygen.

This interaction results in cell destruction, but only in the damaged or cancerous cell on which the photosensitising agent is applied. At CCL we use Metvix cream as the photosensitiser and the Aktalite red light as the light source. The clinic's treatment equipment is supported by Galderma.

Conditions licensed to be treated with PDT at our centre are:

- Superficial Basal cell carcinoma
- Bowen's disease – a pre cancer to Squamous cell carcinoma
- Aktinic (Solar) keratosis – early sun damaged skin

## BREAST VACUUM ASSISTED BIOPSY

Parkside Breast Diagnostics Department are delighted to offer a newly acquired ENCOR vacuum assisted breast biopsy system.

This system can be used if a previous scan or biopsy has not given a clear result and more breast tissue is needed to make a diagnosis.

The volume of sample tissue acquired through this 7g or 10g needle probe

is distinguishably larger than that obtained through a conventional 14g core biopsy needle. This provides the pathologist with more tissue to make a definitive diagnosis, which in turn enables the clinician to streamline treatment and reduce unnecessary surgery. The system provides a clear answer for most breast calcifications.

Depending on where the area of interest is initially visualised, several

images are taken using x-ray or ultrasound guidance. Ninety per cent are done under x-ray guidance. Images taken under x-ray guidance target the region of interest, while with ultrasound guidance a display screen shows the dynamic removal.

As the needle enters the breast, an aperture in the needle opens and a vacuum gently pulls down the targeted tissue.

## GP REFERRALS

You can refer a patient directly to one of our consultants or to an outpatient service. If your referral is not addressed to a particular consultant, our Outpatient team will select the most appropriate consultant and liaise with the patient regarding a suitable appointment time.

- Fax your letter/form to 020 8971 8002
- Prepaid addressed envelopes can be sent to you. Please request these from Outpatients – 020 8971 8005
- Telephone our dedicated Outpatients line for GP use only on 020 8971 8039

## PAEDIATRIC PHLEBOTOMY SERVICE

Parkside is pleased to offer your paediatric patients a warm and friendly phlebotomy service. Mary Allen is a fully qualified Paediatric Phlebotomist and will be pleased to see your patients with their Pathology request forms. Appointments need to be made via 020 8605 2853.

## FORTHCOMING CPD EVENTS



Saturday 20th April	Rheumatology Update	Cannizaro House, Wimbledon
Wednesday 18th May	Requested Topics	Warren House, Kingston
Wednesday 15th June	Female Cancers	Cannizaro House, Wimbledon
Wednesday 14th September	Orthopaedics	Warren House, Kingston

Events are FREE to attend and include a hot lunch. All attendees will receive a certificate of attendance at the end of the morning which can be used as evidence of CPD training.

Unfortunately these lectures are only open to GPs and GP Registrars at present due to the high demand for places.

All events open with registration and coffee at 9.00 am with the lecture starting promptly at 9.30 am.

Please book your place online via our website: [parkside-hospital.co.uk/gp-events](http://parkside-hospital.co.uk/gp-events)

If you would like to us to cover a particular topic/speciality please email us at [marketing@parkside-hospital.co.uk](mailto:marketing@parkside-hospital.co.uk)

## NEW CONSULTANTS

# We are pleased to announce the appointment of the following consultants.



**Mrs Nadine Coull**  
Consultant Urologist  
NHS Base:  
Kingston & Queen Mary's  
Consults: Mon eve

Mrs Coull trained at University College London, graduating in 1998. She then completed her basic surgical training in Ipswich, before moving back to London to study for a Master of Surgery degree. After completing this she was appointed to the London Deanery Higher Surgical Training Programme in Urology. She has been a Consultant Urological Surgeon at Kingston Hospital since 2009.



**Dr Rehan Haidry**  
Consultant Gastroenterologist  
NHS Base:  
UCLH  
Consults: Wed eve

Dr Haidry is a Consultant Gastroenterologist and Endoscopist at University College Hospital, London; with expertise in general gastroenterology and hepatology. He trained at St Mary's Hospital in London and completed his Gastroenterology training in North East London. He went on to do a two year research fellowship at UCLH examining novel diagnostic and therapeutic modalities in the upper gastrointestinal tract, including endoscopic treatment of early cancers.

He has a particular interest in managing and treating patients with acid reflux symptoms. However he has on going experience with conditions such as diarrhoea, constipation, abdominal pain and bloating. He regularly sees patients with gastro-oesophageal reflux, irritable bowel syndrome, inflammatory bowel disease and food intolerances.



**Mr Parag M Patel**  
Consultant ENT Surgeon  
NHS Base:  
Kingston & St George's  
Consults: Tues pm

Mr Patel is a Consultant Ear, Nose and Throat Surgeon based at both Kingston and St George's Hospitals Medical School, London. He has a special interest in allergy, otology including balance, tinnitus and diseases of the nose and sinuses.

He began his medical career in London, qualifying from Guy's and St Thomas's Hospital Medical and Dental Schools. He undertook basic and higher surgical training in King's College, Guy's and St George's hospitals. After finishing his training, he worked in Brisbane under the guidance of Professor Bill Coman and Assoc/Prof Ben Panizza to perform Head and Neck Skullbase surgery. He returned to the UK for a further skull base and cochlear implant fellowship, and locum consultant position in Addenbrookes Hospital Medical School, Cambridge.

Mr Patel is also a long range rifle shooter and was selected to represent England in the 2006 Melbourne and 2010 Delhi Commonwealth Games. He has Double Gold, Silver and Bronze Medals to show for his efforts and is currently training for the Glasgow 2014 Commonwealth Games.



**Dr Farooq Rahman**  
Consultant Gastroenterologist  
NHS Base:  
UCLH  
Consults: Sat am

Dr Rahman is a Consultant Gastroenterologist and Honorary Senior Lecturer at University College London Hospitals, with extensive experience in general gastroenterology and hepatology. He trained at The Royal Free Hospital in London and completed his specialist training on the prestigious North East London rotation. He successfully completed a PhD examining the immunopathogenesis of inflammatory bowel disease. He remains actively involved in undergraduate/postgraduate teaching and research at UCLH/UCL, regularly presents at national and international meetings, and has multiple publications in high impact peer-reviewed journals.

He has a particular interest in managing and treating patients with inflammatory bowel disease, irritable bowel syndrome, and nutritional deficiencies. He also regularly sees patients with conditions such as dyspepsia and reflux, diarrhoea, constipation, abdominal pain and bloating, anaemia, and food intolerances.



**Mr Andrew Ramwell**  
Consultant General Surgeon  
NHS Base:  
St George's  
Consults: Mon am

Mr Ramwell was appointed as a NHS Consultant at St. George's Hospital, Tooting in April 2011. He is a general surgeon with a specialist interest in all aspects of colorectal disease including rectal bleeding, haemorrhoids and bowel cancer. He is a keen enthusiast of laparoscopic (keyhole) surgery and has performed over 100 bowel resections using this technique.

Mr Ramwell qualified as a Doctor in 1997 from St. George's Hospital Medical School and performed most of his training in the South West Thames region. He took two years with reduced clinical practice from 2002—2004 to undertake a post graduate research degree (MD) looking at aspects of how colorectal cancer spreads. He spent a final six months in 2010/2011 at St. Thomas' Hospital in a colorectal Fellowship post before joining St. George's.



**Mr Giles Stafford**  
Consultant Orthopaedic Surgeon  
NHS Base:  
The EOC  
Consults: By appointment

Mr Stafford studied Medicine at both Guy's and St. Thomas's Hospital, graduating in 1999. During this time he also undertook a BSc. in Physiology, graduating with honours and being awarded the Carpenter Prize.

Mr Stafford has a specific interest in young adult hip problems and the management of sports hip injuries. He teaches regularly on hip arthroscopy courses. He also has a keen research interest, publishing regularly in peer-reviewed journals and presenting at international meetings. Throughout his career, Mr Stafford has been elected onto various representative committees and has been invited to be a Medical Assessor for the General Medical Council.

Mr Stafford is married with two children. He is a keen sportsman but has now hung up his rugby boots and swapped them for a pair of golf shoes. However, he still plays tennis for his club and other representative sides.



**Mr Gareth Sadler**  
Consultant Gastroenterologist  
NHS Base:  
St George's  
Consults: Thurs eve

Dr Gareth Sadler qualified from the University of Birmingham Medical School in 2000, and undertook specialist training in the West Midlands and London Deaneries. He completed a Masters in Health Economics at the University of Birmingham, and a post-CCT Fellowship in Endoscopy at St George's Hospital, prior to joining St George's Hospital as a Consultant Endoscopist and Gastroenterologist.

The bulk of his work relates to the provision and running of endoscopy services, and he is Trust lead for endoscopy training. He is interested in luminal gastroenterology, in particular bowel cancer screening, coeliac disease, dyspepsia, IBD, IBS and nutrition. Dr Sadler lives in Dorking with his beautiful wife, who is a local GP, and two gorgeous children, who are a constant source of amusement, frustration and mischief! Any free time is spent in the gym, on the golf course, or out with friends.



**Mr Rajan Sharma**  
Consultant Cardiologist  
NHS Base:  
St George's  
Consults: Thurs pm

Dr Rajan Sharma is a Consultant Cardiologist and Clinical Lead for Echocardiography at St George's Hospital, London. He is considered a national and international expert in complex echocardiography (ultrasound scanning of the heart). His main areas of research include the dynamic assessment of coronary and valvular heart disease and assessing cardiovascular risk. His training was based at several London teaching hospitals and the Wessex.

Dr Sharma is highly experienced in dealing with a range of cardiac disorders, including coronary artery disease, heart failure, valvular heart disease, cardiomyopathy, hypertension and arrhythmia. He commonly sees patients with a range of symptoms including chest pain, breathlessness, palpitations and blackouts.



**Mr Richard J. Sinnerton**  
Consultant Orthopaedic Surgeon  
NHS Base:  
St George's  
Consults: Thurs pm

Mr Sinnerton studied medicine at St. Thomas' Hospital and completed his specialist training at St. Mary's Hospital. He undertook fellowship training with Prof. Boileau in Nice, France.

Mr Sinnerton worked as a Consultant at Ashford/St. Peter's NHS Trust between 1998-2005 where he set up the Shoulder and Elbow Unit. He has worked in full-time independent practice since 2005 when he founded The London Upper Limb Unit.

## DEVELOPMENTS IN RADIOTHERAPY AT CANCER CENTRE LONDON

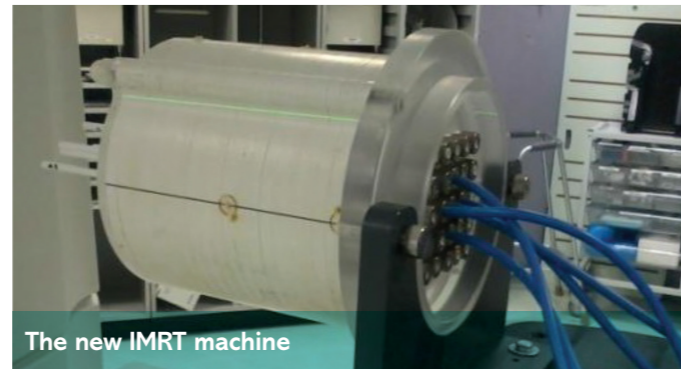
In November 2012 two presentations were given by Cancer Centre London (CCL) Physics staff at Conferences organised by the Institute of Engineering in Medicine (IPEM) and the Royal Society of Medicine respectively.

The first was a poster at the IPEM IMRT Verification Conference in London on 23rd November 2012. This was a Review of Patient Specific Dosimetric Validation of Intensity-Modulated Radiation Therapy (IMRT) Treatment Plans for Prostate Cancer. It looked at IMRT, which is employed at CCL in the treatment of prostate, bladder, oesophageal and, occasionally, breast cancer, from the viewpoint of the results of a patient specific quality assurance process for verification of IMRT treatment plans: this forms part of the validation process for prostate cancer treatment.

The equipment used in one of the two test procedures for linear accelerator IMRT treatment verification is illustrated above.

The results were found to be satisfactory and the patient treatment plans approved to proceed to treatment, with the review concluding that the operation of the quality assurance process described gave confidence in the safe and accurate delivery of IMRT.

The second presentation, at the Royal Society of Medicine's eHealth and Telemedicine Conference on the 26th and 27th November 2012 in London, was also a poster. In this case it was on Remote Radiotherapy Treatment Planning from Home – Its Implementation and Potential for Further Development in a UK Centre.



The new IMRT machine

Decentralized radiotherapy services were initially considered. These can be facilitated by telemedicine, enabling radiotherapy treatment planning (teleplanning) and aspects of quality assurance in the delivery of patient treatment to be undertaken remotely.

These procedures have been developed and implemented at CCL as an operational system for home teleplanning via the internet. This remote access facility allows efficient, accurate planning by consultants from their home, allowing patient treatment to commence earlier. There is also potential for further development, to include intranet teleplanning from a Satellite Centre for a wider range of patients.

The development and implementation of such teleplanning from home (to CCL) was presented as a concrete example of how transformation of the care pathway for radiotherapy treatment planning is achievable.

Reports of implementation of such developments in radiotherapy treatment planning were discussed, as well as arrangements offered on a commercial basis in the US: these typically involve a locum assignment for staff to become familiar with local protocols.

It was concluded that home teleplanning allows patients to start treatment earlier and that such a process may allow further transformation of the patient pathway to take place while concurrently minimising expenditure.

**“Each appointment was arranged as much as possible to fit in conveniently with my life; treatment details were explained carefully and the sessions themselves were quick and painless”**

Mr E Goodwin



At CCL patients are referred for PDT treatment by a dermatologist or plastic surgeon once a confirmed diagnosis is made and PDT is established as the suitable management for the skin condition. We do not have a waiting list and work around the patient's preferred treatment times. Currently the dermatologists at Parkside Hospital who refer patients for PDT are Dr Lucy Ostlere, Dr Tamara Basarab and Dr Robert Marsden.

For further information please do not hesitate to contact our team of Radiographers at CCL:  
Tel: 020 8247 3431 Fax: 020 8247 3433  
Email: PDTRadiographers@cancercentrelondon.co.uk

## NEURO-ONCOLOGY MULTI-DISCIPLINARY CLINIC

With an incident rate of 7.7 per 100,000 population, primary brain tumours represent 2% of all tumours. A fundamental element in improving outcomes in patients with brain and central nervous system tumours is the emphasis on multi-disciplinary care and management.

Following publication of 'Improving outcomes for people with brain and other central nervous system tumours' by the National Institute of Clinical Excellence (NICE) in 2006, managing patients by individual neurosurgeons or oncologists in isolation became unacceptable.

The multi-disciplinary team (MDT) approach comprises sub-specialist oncological neurosurgeons, neuro-oncologists, neuro-radiologists, neuro-pathologists, neurologists, palliative care physicians, clinical nurse specialists, therapists and allied health professionals.

Once an approach only available through the NHS, the Neuro-Oncology Multi-disciplinary Clinic at the Cancer Centre London now provides this service to private patients through the expertise of Mr Keyoumars Ashkan along with Dr Lucy Brazil who is a subspecialist clinical neuro-oncologist.



Mr Keyoumars Ashkan is the clinical lead for neuro-oncology at King's College Hospital where he heads the multidisciplinary team. His main clinical and research interests include image guided, minimally invasive and stereotactic surgery for brain tumours including awake craniotomies.

**To make an appointment please call 020 8247 3379**

A sophisticated and patented rotating cutting system acquires the tissue which is then pulled through the hand piece and into a tissue collection filter until the entire lesion has been removed.

This outpatient procedure is carried out under local anaesthetic and takes between 30 minutes to an hour. Usually there is minimal scarring and no stitches are needed.

The procedure costs in the region of £1000 for insured patients and £1450 for self-pay patients, with the self-pay package including related pathology costs. Consultation fees are charged separately.

You can refer symptomatic patients for an initial mammogram or ultrasound by calling:  
**020 8971 8025**

