

INTRODUCTION

Welcome to the monthly GP Newsletter. This month's edition includes:

- Ward Audits
- Spotlight On Maternity
- BMI Coombe Wing Focus
- Pain Management Back Pain
- GP Clinical Training Events
- New Organisation Structure for Kingston Hospital
- Current Waiting Times For Choose & Book

If you would like any particular areas covered in future editions, please do not hesitate to contact Bal on: 0208 934 2957 or email:

balvinder.chohan-rai@kingstonhospital.nhs.uk

CQC Risk Rating Oct 2013

Kingston Hospital	6
Epsom St Helier	6
Ashford & St Peters	6
St Georges Hospital	6
Chelsea & Westminster	2
West Middlesex Hospital	2
Croydon Health Services	1

Key: 5-6 low risk of poor patient care
4-3—medium risk of poor patient care
1-2 High risk of poor patient care
1-2 high risk of poor patient care

NIGHT TIME WARD AUDITS

As part of our work to ensure we provide consistently high quality patient care 24 hours a day 7 days a week, we are commencing night time audits on all our wards.

All the Surgical and Orthopaedic wards were reviewed against our quality criteria to ensure patients were receiving a high standard of care outside of normal working hours. Similar audits are taking place in Medicine , A&E and the Acute Admission Unit.

These night time ward audits will continue as part of our rolling quality improvement programme and review the following:

- A environment conducive to sleep
- Wards are clutter free
- Speed of call bell response
- Availability of drinks
- Position of call bell and drinks in relation to patients



Matrons Bernice Constable and Sarah Joseph with the Operational Manager Nicky Felix took part in a night ward audit.

Focus On Maternity Services

Introduction

Our maternity unit was opened in 1995 with four consultant obstetricians aiming to deliver 3500 birth per year. We are now delivering over 6000 babies per year, with 12 consultant obstetricians, and have extended our consultant presence on the labour ward to 98 hours per week.

Sonography is provided at Kingston Hospital and Queen Mary's Hospital, and there are plans in the new year to provide it at the Raynes Park Health Centre.



What do we offer?

Pre conception consultations

We provide pre conception advice and consultation to women with long term chronic conditions such as Diabetes, hypertension, epileptic and/or older mothers.

Antenatal care

We have a number of antenatal care clinics at various community locations. Our clinics are in based in:

- Kingston Hospital,
- Queen Mary's Hospital,
- Surbiton Hospital,
- Raynes Park Health Centre
- Various Children's Centres.

Antenatal Bookings: [0208 934 2435/7](tel:020893424357)

Screening

We offer ultrasound, Chorionic Villus Sampling, Amniocentesis and provide outpatient management via our day assessment unit (DAU). The DAU is open from Monday to Saturday at Kingston Hospital and women are able to self refer alternatively their GP may access the service on their behalf .

Day Assessment Unit: [0208 934 2358](tel:02089342358).

Workshops

We offer the following workshops and classes to support parents:

- Antenatal classes
- Breast feeding workshops
- Yoga
- Hypnobirthing
- 1:1 care during labour
- Neo-natal Unit level 2
- Post natal care is delivered by community midwives at home and in post natal clinics at various children's centres.

For more information
email Yvonne Ray on yray@nhs.net

SPOTLIGHT ON Maternity

Our facilities

Our facilities have expanded over the years to provide a more positive experience for patients and include the following;

Obstetrician led care in labour ward:

- 8-10 rooms
- 1 birthing pool

Midwifery Led Unit in Malden Suite:

- 4 birthing rooms
- 2 birthing pools
- One antenatal ward with 8 beds
- 34 post natal beds
- 9 Transitional care beds

Post Delivery Care:

- Worcester ward has 20 beds with 14 single rooms, and 3 rooms are 2 bedded.
- Thameside Ward has 12 postnatal beds

Our Team

Divisional Director: Florence Wilcock
Florence.wilcock@kingstonhospital.nhs.uk

Clinical Director: Diana Fleming,
Diana.fleming@kingstonhospital.nhs.uk

Matron: Anna Dellaway
anna.dellaway@kingstonhospital.nhs.uk



Our Outcomes in 2012-13

In 2012-13 we delivered 5909 babies whilst still maintaining high standards and outcomes

- Our Caesarean rate was 27%, with 13% elective and 14.5% emergency
- Vaginal Birth After Caesarean success rate is 69.7%
- Third and fourth degree tear rate 2.5%
- Water birth rate was 5.2% overall
- Our Maternity Picker Survey 2013 indicated that Kingston has scored a better than average in labour care.
- Planned homebirth rate 0.7%

Postnatal Focus

We are aware of an increase in postnatal readmissions particularly at night time and weekends. We are providing more information for women about postnatal complications and where to seek medical assistance. We are keen to collaborate with our GP colleagues to ensure these women get a timely review in a primary care setting.

How to refer

Referrals can be made through KCAS, RCAS or directly using our referral form through this link:

<http://www.kingstonmaternity.org.uk/antenatal-services-at-kingston/187-gp-referral-form>

BMI Services

Private Patient Services at Kingston Hospital

Our Facilities

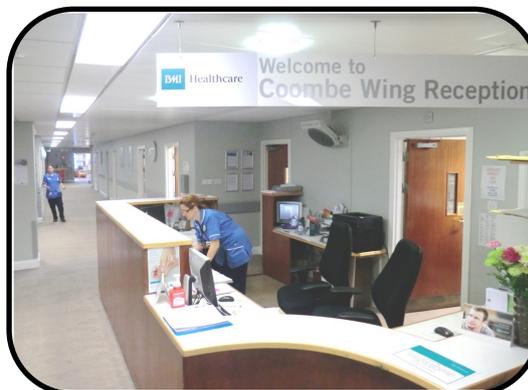
In partnership with Kingston Hospital, The BMI Coombe Wing offers both out-patient and inpatient facilities on the 7th floor of Esher Wing.

This includes:

- 22 Patient bedrooms
- 4 Consulting rooms
- Physiotherapy services
- Post-natal maternity suite
- Access to a full range of services within Kingston Hospital including endoscopy, maternity, nuclear medicine, theatres, high dependency and intensive care facilities.

Services Available:

- Breast Surgery
- Cardiology
- Cosmetic Surgery
- Dermatology
- Diabetes and Endocrinology
- Diagnostic Imaging
- Ear, Nose and Throat
- Emergency Admissions/AEL/AAU
- Endoscopy
- General Medicine
- General Surgery
- Gynaecology
- Immunology
- Maternity
- Neurology
- Orthopaedics
- Paediatrics
- Physiotherapy
- Rheumatology
- Sexual health
- Urology



Benefits for your Patients

- Benefits of private patient facilities with all the safe patient support services in an NHS hospital environment.
- Offers patients an alternative choice where there are waiting times.
- Offers choice to patients for procedures not funded on the NHS i.e. varicose veins.
- Inclusive price packages with no hidden charges.
- Free private car park facilities close to the ward.



How to refer

There are several ways to refer into BMI Coombe Wing:

- To refer patients 0208 934 2875
- Fax a referral form to 0208 934 2463
- GP hotline: 0808 101 0336

BMI Services Private Maternity Services at Kingston Hospital



BMI Coombe Wing is one of the few hospitals outside London to offer a private patient maternity service. Last year we cared for over 80 private new mothers.

Coombe Wing has a high patient satisfaction score of 97% and has been used by some high profile public figures showing our services to be comparable to those offered in central London.

The birth will take place within the main birthing suite of Kingston Hospital to ensure the very highest of clinical support 24/7. The primary difference between the private experience and the standard NHS delivery within the birthing suite is the guaranteed presence of a chosen obstetrician to deliver the baby and take overall responsibility for the birth providing complete continuity of care throughout the pregnancy, with post delivery care being provided on the private Coombe Wing.

How to Refer

There are several ways to refer into BMI Coombe Wing:

- **To refer patients please call 0208 934 2875**
- **Fax a referral form to 0208 934 2463**

Postnatal care

Mothers stay in the dedicated post natal bedrooms on Coombe Wing. All rooms offer an en-suite bathroom, television and direct dial telephone as well as the option for the partner to stay overnight free of charge. A professional photographer can be arranged to visit the patient in hospital

The patient will be under the care of both the consultant obstetrician and the midwife during their stay.

Antibiotics and Back Pain

There has been a lot of media coverage regarding antibiotics curing 40% of all low back pain. Pain clinic patients have been asking whether their pain and suffering could be cured by antibiotics. I am sure GPs are also inundated with similar requests.

The story

The issue started with a publication of a randomised control trial by Albert and colleagues (Ref: 1) from Denmark in European Journal of spine. They suggested that low grade anaerobic bacterial infection may be the underlying cause of persistent chronic back pain in a well defined group of patients.

The issue of bacterial infection and back pain is not new. In 2001 there was an article in Lancet which demonstrated that 31% of patients with sciatica tested positive for a newly developed serological test designed to diagnose deep-seated gram positive infections. In addition intervertebral discs excised during micro discectomies grew propionibacterium acnes (linked to acne) after long term incubation. Previous studies have shown a strong association of Modic type 1 changes to herniated discs and the incidence of end plate oedema was higher in back pain sufferers than in general population.

The study group included patients with significant low back pain of at least 6 months duration initiated or significantly exacerbated following disc prolapse and the presence of Modic type 1 change adjacent to involved disc. A course of co amoxiclav (amoxicillin and clavulonic acid) for 100 days has shown significant improvement in pain scores and disability in these patients. This is a very interesting finding; however, a single trial is not enough to change practice.

Conclusion

- The study is relevant to a small sub group of patients with back pain who have disc prolapse and modic type 1 oedema in the vertebra. However, this study is underpowered and further studies are needed before embarking on routine antibiotic treatment.
- The effect of 100 day antibiotic treatment on the individual should be considered carefully. It may also contribute to general antibiotic resistance in the community.
- To conclude, until further evidence is available, routine use of antibiotics is not recommended for treatment of low back pain.



MRI shows modic Type 1 changes in L4/L5

For further information, please contact:

Dr Prabhu Gandhimani MD;FRCA;FFPMRCA:FIPP
Consultant Anesthetist and Pain Medicine
Prabhu.gandhimani@kingstonhospital.nhs.uk

References

Albert HB, Sorensen JS, Christensen BS, Manniche C. Antibiotic treatment in patients with chronic low back pain and vertebral bone edema (Modic type 1 changes): a double-blind randomized clinical controlled trial of efficacy. Eur Spine J. 2013 Apr;22(4):697-707

GP Clinical Educational Training

YOU ARE INVITED...to BMI Coombe Wing's upcoming GP events

Human Papillomavirus and Breast Cancer – could there be a vaccination for breast cancer prevention?

DATE: Thursday 21st November

TIME: From 19:15—20:30

VENUE: Sir William Rous Unit at Kingston Hospital

A novel research programme led by **Mr Giles Davies**, Consultant Oncoplastic Breast Surgeon, has identified for the first time a potential link between HPV infection and breast cancer. This interactive evening will outline the background to breast cancer, HPV screening in cervical cancer and present new data outlining potential mechanisms linking HPV infection and breast cancer pathways.

Incontinence and Prolapse—New guidelines

DATE: Monday 25th November

TIME: From 19:00— 20.15

VENUE: Antoinette Hotel Broadway, Wimbledon

An interactive educational evening providing an update on incontinence and prolapse in women's health. The evening is geared to general practice and includes a Q&A session, giving you the opportunity to further discuss this topic with speaker **Miss Ramalingam** Consultant Gynaecologist & Urogynaecologist.

IMPORTANT! Please RSVP to attend

If you would like to attend any of these events, please contact Ms Bal Chohan, on: 0208 934 2957, 07946 475991, or email: Balvinder.Chohan- Rai@kingstonhospital.nhs.uk

A certificate of attendance will be supplied.



Patient Educational Talks

Dementia Services - What is dementia? What services we provide'

DATE: Monday 18th November

TIME: 7pm

VENUE: Lecture Theatre 1, Fifth Floor, Kingston Hospital.

Please encourage your patients to attend these meetings.

For more information please contact the Membership and Voluntary Services Manager Richard Coxon on 020 8934 3620

Current Waiting Times for Choose & Book Services as of 1st November 2013

Specialty	Maximum Wait Time	Minimum Waiting Time
Surgery		
Colorectal Surgery	9 Weeks	6 weeks
ENT	9 Weeks	9 weeks
General Surgery	8 weeks	4 weeks
Oral Surgery	8 weeks	5 weeks
Pain Management	9 Weeks	6 weeks
Plastic Surgery	10 weeks	9 weeks
Upper GI Surgery	8 weeks	4 weeks
Vascular Surgery	8 weeks	5 weeks
Orthopaedics:		
Foot and Ankle	9 weeks	6 weeks
Knee	8 weeks	6 weeks
Hand	9 weeks	5 weeks
Hip	8 weeks	7 weeks
Shoulder	10 weeks	7 weeks
Paediatrics	10 weeks	10 weeks
Ophthalmology:		
General	10 weeks	9 weeks
Cataract	10 weeks	10 weeks
Retinal	9 weeks	6 weeks
Glaucoma	10 weeks	6 weeks
Plastics	9 weeks	7 weeks
Paediatrics	11 weeks	10 weeks
Medicine		
Care of the Elderly	8 weeks	2 weeks
Cardiology	8 weeks	4 weeks
Dermatology	9 weeks	5 weeks
Diabetic Medicine	8 weeks	6 weeks
Endocrinology	8 weeks	7 weeks
Gastroenterology	8 weeks	7 weeks
Haematology	10 weeks	9 weeks
Nephrology	9 weeks	8 weeks
Neurology	10 weeks	10 weeks
Respiratory Medicine	9 weeks	7 weeks
Rheumatology	10 weeks	8 weeks
Women & Children's Health		
Gynaecology	8 weeks	3 weeks
Paediatrics	9 weeks	8 weeks