

Autumn 2018



Excellence in healthcare
personal to you



CPD events

We run a number of sessions both here at St Joseph's Hospital and North Cardiff Medical Centre, they are a great way to spend valuable time with our Consultants, whilst learning something new and meeting up with colleagues from across the region. We provide an array of food and drinks, carefully prepared by our Head Chef and his team.



To book your place please call Deb Griffiths on **01633 820 390** or email gp@stjosephshospital.co.uk and why not invite a colleague to come along too!

13th September

St Joseph's Hospital, Newport, NP20 6ZE
Reception and buffet - 7pm

Orthopaedic workshop: Painful shoulders, hips and hands - treatment plan & referral

Mr H Pullen, Mr J Lloyd, Mr V Shanbhag
7.30pm

25th October

North Cardiff Medical Centre, Excalibur Drive, Thornhill. CF14 9BB.
Reception and buffet - 7pm

Back pain workshop with cases

Mr J Cordell-Smith & Mr A Khurana
7.30pm

15th November

St Joseph's Hospital, Newport, NP20 6ZE
Reception and buffet - 7pm

Lower Limb – Interactive examination & injection workshop - bring your cases for discussion

Mr K Hariharan & Mr G Gillespie
7.30pm

6th December

St Joseph's Hospital, Newport, NP20 6ZE
Reception and buffet - 7pm

Cosmetic Surgery Update

Mr A MacQuillan
7.30pm

Pelvic Pain Management

Dr S Wartan
8.15pm

Learning at your practice

As part of our commitment to providing GPs with the latest information from our Consultants, we conduct CPD sessions at many practices throughout the area. We would be delighted to visit your practice to talk about conditions or advancements in areas that suit you. To arrange this, please contact Andrew Evans, Business Development Manager, who can facilitate this for you. Simply ask for the subject area of your choice from our list of specialties and we can coordinate suitable dates, times and Consultants to attend. Please book early to avoid disappointment.

We also invite GPs and other healthcare referrers to visit the hospital to view the facilities and meet the team.

Please email andrew.evans@stjosephshospital.co.uk or call **01633 820 284**.

Menopause service

At St Joseph's Hospital we understand what a challenging time the menopause can be, and offer a bespoke service to guide women through their menopause.

Our female multi-disciplinary team delivers holistic care within a quiet, reassuring and relaxing environment within the heart of our hospital. This includes a Consultant Menopause specialist, nutrition and BreastCare specialists, a health psychologist, oncology, breast and pelvic health specialist physiotherapists and the support of our full range of advanced diagnostic imaging team.

We offer an evidence-based, multi-disciplinary approach to treatments for the following conditions:

- Acupuncture for hot flushes
- Atrophic Vaginitis and vaginal dryness
- Dyspareunia
- Vulvodynia/Vaginismus and chronic pelvic pain
- Musculoskeletal aches and pains
- Fibromyalgia
- Insomnia
- Stress and urge incontinence
- Pelvic organ prolapse
- Weight management
- Counselling support for low mood or anxiety
- Support for lack of interest in sex
- IBS
- Post breast cancer dietary support
- Mastectomy and c-section scar management
- Fertility and early menopause
- Guidance on HRT use, including post breast cancer
- Bone density
- Cardiac risk screening



Menopause team

Women can self-refer to any member of the team directly, who will provide a full assessment of their needs and direct them to further services as needed. We have a number of packages available, including a series of Acupuncture for hot flushes or CBT treatment for menopausal mental health concerns.

We promise to provide:

- Time - to listen, understand and provide support
- Continuity - to develop strong relationships with our patients
- Relief - from short-term menopausal symptoms
- Advice - about ways to improve health and wellbeing
- Information - about staying well

For more information regarding this service, please call **01633 820 300** or visit our website www.stjosephshospital.co.uk

Dr Charlotte Fleming

We find out about Dr Charlotte Fleming MBBS, MRCOG, MD, MFFP, Consultant menopause specialist at St Joseph's Hospital.

Tell us about your background and what brought you to St Joseph's

I qualified in London in 1985 and originally trained to be a GP in Watford. I became a consultant in obstetrics and gynaecology in 1999 and worked for ABUHB for many years.

In 1999 I set up a specialist, dedicated menopause clinic and have been running this ever since. I am the only Menopause Trainer in Wales recognized for training clinicians in menopause care by the Faculty of Sexual and Reproductive Health. We see about 200 new patients per year, including women with complex medical backgrounds and transgender women. We provide a full range of menopause treatments including hormone implants.

I give many seminars to doctors in training and GPs on management of the menopause and contraception.

In my role as Clinical Director for Sexual and Reproductive health from 1999-2007 I modernized and merged care for office gynaecology, contraception, male and female sterilisation, sexually transmitted infection, psychosexual care and youth outreach services into a world class, training centre for Sexual and reproductive Health service that the Welsh Government recognises as an exemplar.

As assistant medical director from 2013-2015 I worked with all departments to prepare for the reconfiguration of Aneurian Bevan's hospitals in preparation for the opening of the Specialist and Critical Care centre.

My main interest is in whole patient care around the time of the menopause. I am a good listener and have an empowering, empathetic style of doctoring. I aim to give full, evidence-based information to help my patients understand the menopause and allow them to choose appropriate treatments, based on their preferences, priorities and attitude to risk. I see an increasing number of survivors of breast cancer who have been unable to find satisfactory help for their menopause symptoms. I liaise with other



Dr Charlotte Fleming

specialists so that everyone looking after the patient is 'singing from the same hymn-sheet'.

I retired from the NHS in 2018 and do 15 hours per week with Aneurian Bevan Health Board, including running the menopause service. I have many requests to look after patients from outside Aneurian Bevan Health Board's catchment area, including outside Wales. I retired early in order to be able to offer specialist menopause care more widely and to spend more time with my husband and smallholding. I also pursue my addiction to endurance horse riding of which I am currently on the Welsh team.

For further information about our Menopause Clinic, please call **01633 820 300** or visit the website www.stjosephshospital.co.uk

For further information regarding Dr Fleming, please visit her websites:

www.menopauseclinicsouthwales.co.uk or
www.charlottefleming.co.uk

Advanced Diagnostics

Dr Nimit Goyal has recently joined the Advanced Diagnostic Centre of Excellence at St Joseph's Hospital. He has been a diagnostic and interventional radiologist at the Royal Gwent Hospital since 2012.

Since Dr Goyal's commencement at St Joseph's Hospital, we are now able to offer several interventional radiology procedures to your patients. Some of the interventional procedures on offer include:

- Biopsy: Ultrasound and CT guided biopsies.
- Drainage of fluid collection: including ascites especially for patients on regular large volume paracentesis.
- Embolisation: Fibroid embolisation and varicocele embolisation in men.
- Vascular access: PICC (peripherally inserted central catheters), Tunnelled central lines (Hickmann lines) and Non-tunnelled central lines (Portacaths).
- Arterial: Angioplasty and arterial stent

In diagnostic radiology, Nimit performs a wide variety of general ultrasound, CT and MRI scans. His special interest in cross sectional imaging includes CT coronary angiogram and CT and MRI scans to assess arterial diseases.

Currently, some of the longest waits in the NHS are for routine biopsies and diagnostic imaging such as CT scans of coronary arteries, at St Joseph's your patients can now benefit from a prompt interventional radiology service and expeditious reporting of specialist scans by a local radiologist.

To find out more information about this service, please call **01633 820 301**, email advanceddiagnostics@stjosephshospital.co.uk or visit www.stjosephshospital.co.uk



Dr Nimit Goyal

Advanced Diagnostics

State-of-the-art CT Coronary Angiography for suspected angina pectoris – Direct Access for General Practitioners.

The Scot Heart study (1) conclusively proved that Computed Tomography Coronary Angiography (CTCA) clarifies and improves the diagnosis of coronary disease and enables better targeting of interventions with fewer normal invasive angiograms and better focused therapy. Further analysis showed that a CT strategy improved symptoms and quality of life (2) and such a strategy reduced fatal and non-fatal coronary events (3).

NICE (2016 CG95) updated its guidance for the investigation of new onset stable chest pain. In brief all those who present with pain that is "typical angina", "atypical angina" or "non anginal chest pain with ECG abnormality" should have CTCA as the first investigation.

A strong argument arises that there is no longer a place for exercise or other stress testing as a first-line investigation in these patients.

Any experienced clinician can follow the NICE guidance and refer for a CTCA. If the test is normal, the patient can be reassured with confidence and if the test is abnormal, the implementation of medication or a referral to cardiology can be made.

This strategy is good for patients, general practitioners and also cardiologists, who should see an increased referral for patients with significant disease that needs their expertise.

A further enhancement of the CTCA offered

by St Joseph's Hospital is the use of Heartflow Fractional Flow Reserve CT or FFRCT (also recommended by NICE); this uses the already acquired CT data and is validated as equivalent to the invasive catheter measurement to assess the significance of a coronary artery stenosis. Whilst incurring an additional cost, this technology allows CTCA to completely triage almost all patients presenting with chest pain (offsetting the costs of any other test or hospital visit) to either reassurance, medical therapy or prognostically beneficial catheter angiographic intervention.

All CTCA studies are fully reported by fellowship-trained and nationally recognised cardiac radiologists who will also appropriately expedite CTFFR and give clear guidance as to the appropriate management of every patient.

Direct referral for CTCA will benefit your patients who have suspected angina pectoris.

Dr Mark Hamilton, Consultant Cardiac Radiologist, Bristol Heart Institute and St Joseph Hospital.

Dr Nathan Manghat, Consultant Cardiac Radiologist, Bristol Heart Institute and St Joseph Hospital.

For more information regarding our Advanced Diagnostics Centre of Excellence, please call **01633 820 301**, visit our website www.stjosephshospital.co.uk or email advanceddiagnostics@stjosephshospital.co.uk



Left hand panel shows a CTCA and right hand panel an invasive catheter angiogram on the same patient showing the left anterior descending artery (LAD) filling the distal right coronary artery (RCA) which is proximally blocked. Image quality is similar

References

1. Lancet 2015, volume 385, issue 9984, pages 2383-291
2. Heart 2017; 103:995 - 1001
3. Curr Cardiovasc Imaging Rep 2017; 10(5):14

New non-executive director

Ian Edwards is announced as a new appointment to St Joseph's board of directors.

Ian Edwards joins the board at St Joseph's Hospital as a non-executive director, bringing more than 30 years' experience in hotels and resorts across the UK to the private hospital.

Ian has been in his current role as Chief Executive at the Celtic Manor Resort for over a decade, during which time the hotel has seen a year-on-year increase in business. The Celtic Manor has received numerous awards such as C&IT Best UK Conference Hotel award and European Hotelier of the Year award and hosted the global 2014 NATO conference.

The new appointment comes during an exciting period of growth for St Joseph's Hospital. In 2017, St Joseph's announced its income had trebled during the previous three years, and 2018 has already seen the launch of a number of new services with additional new services being brought online during 2018. Following Ian's appointment to the board, the Hospital plans to continue with its investment in the facilities, equipment and new services.

Ian said: "I am delighted to accept this invitation to join the Board of St Joseph's Hospital and I am excited about playing my part in helping the hospital make further great strides, following all the recent investment which has created some truly outstanding healthcare facilities."

"The original Celtic Manor Hotel was developed on the site of the former Lydia Beynon Maternity Hospital and we have kept strong ties with local healthcare institutions through events staged at Celtic Manor and fundraising activities. I was introduced to the work of St Joseph's Hospital by Consultant Orthopaedic Surgeon Ro Kulkarni, who I have known for many years, and I look forward to working with the rest of team to take the hospital forward at this exciting time."

Ro Kulkarni, Consultant Orthopaedic Surgeon at St Joseph's Hospital and board member said: "Ian has been extremely successful in helping shape an organisation which is really leading the way in hospitality in Wales. We pride ourselves in delivering patients at St Joseph's a 5-star service, so Ian's experience running a 5-star hotel is a fantastic fit for us.

"His appointment will bring a new perspective to the board, broadening our areas of expertise and help to implement some exciting changes over the coming months."

St Joseph's Hospital offers 36 specialties including BreastCare, Cosmetic Surgery, Ophthalmology, Private GP and Orthopaedic Surgery. Consultants at St Joseph's have access to technology and equipment offering some of the most advanced diagnostic capabilities outside of London."

For more information on St Joseph's Hospital, or to make an appointment, call **01633 820 300** or visit **www.stjosephshospital.co.uk**



Ian Edwards and Mr Ro Kulkarni

Orthotics clinic

At St Joseph's Hospital our specialist Orthotics service, led by Doug Young, provides assessment and treatment for a variety of common lower limb conditions.

- Plantar fasciitis
- Posterior tibial tendon dysfunction
- Achilles tendinopathy
- Metatarsalgia
- Severs Disease
- Medial tibial stress syndrome (shin splints)
- Calf pain
- Knee pain
- Iliotibial band syndrome
- Bunions/Orthotics clinic
- Flat feet (if it's thought to be contributing to symptoms)

The biomechanical assessment involves taking a thorough clinical history, physical examination and

the use of the latest gait analysis technology (video and pressure-plate analysis) to obtain data that helps guide our treatment plans and orthotic prescriptions. We believe in identifying the root cause of problems as well as managing the current symptoms.

It is our aim to provide an assessment within one week of referral, and orthoses can usually be supplied within one week following assessment. Accepting both insured and self-funding patients, the initial assessment is £75 and orthoses start from £80.

Working within a multidisciplinary centre allows excellent links with the Clinical Physiotherapy team, Advanced Diagnostics and our Consultants. Access is also available to shockwave (ESWT) therapy; the AlterG anti-gravity treadmill and our purpose built on-site hydrotherapy pool.

If your patient requires rapid access to our Orthotics Centre then we have the following options: Phone our reception on **01633 820 321**, Fax a referral to **01633 820 322**, or alternatively; signpost your patient to our email address **physio@stjosephshospital.co.uk** or visit **www.stjosephshospital.co.uk**



Private GP

We offer a wide range of services to complement your practice.

Among these are:

Vaccinations

The Private GP Centre is a certified Yellow Fever Centre. Following completion of a pre-travel questionnaire an appointment can be made, usually on the same or next day, with a highly qualified travel health nurse. Our health professionals offer advice and guidance regarding Yellow Fever and additional vaccinations that may be needed for upcoming travel, such as antimalarial prophylaxis.

We also offer the MMR vaccine, particularly relevant given the high risk of contracting measles at the present time. St Joseph's Hospital endorses the current governmental advice and guidance

recommending that all travellers born after 1970 should ensure they have had x2 MMR vaccines prior to travel.

We also offer the MMR vaccine outside of the NHS routine vaccination schedule and this is particularly recommended for 6 - 9 month old babies if they are at high risk of becoming infected in certain circumstances, such as a measles outbreak.

We are able to ease the pressure on your busy practice with evening and weekend appointments to suit the needs of your patients.

For more information please call **01633 820 311**, email privategp@stjosephshospital.co.uk or visit www.stjosephshospital.co.uk





Consultant guide

Audiology

Richard Gale

BreastCare

Mr Christopher Gateley
Mr Kelvin Gomez
Miss Valentina Lefemine
Mr Charlie Chan

Cardiology

Dr Stephen Hutchison
Dr Philip Campbell
Dr Nigel Brown
Dr Andrew Williams
Dr James Cullen
Dr Shawmendra Bundhoo
Dr Christoph Mädler

Clinical Neurophysiology

Dr Benny Thomas

Cosmetic Surgery

Mr Anthony MacQuillan

Counselling

Kerry Williams
Terry Hay

Dermatology

Dr Caroline Mills
Dr Richard Goodwin
Dr Natalie Stone
Dr Nabil Ponnambath

Diabetes & Endocrinology

Dr Kofi Obuobie
Professor Peter Evans
Dr Andrew Lansdown

ENT

Mr Stephen McDonald
Mr Ali Raza
Mr Patrick Cuddihy
Mr Duncan Ingrams
Mr Carl Passant
Mrs Julia Addams-Williams

Gastroenterology (including weight loss)

Dr Vivek Goel
Dr Nimal Balaratnam
Professor Nadim Haboubi
Dr Peter Neville
Dr Marek Czajkowski

General Surgery

Mr Brian Stephenson
Professor Ashraf Rasheed
Mr Keshav Swarnkar
Mr Michael Nutt
Mr Gethin Williams
Mr Ahmed Shandall
Mr E. Steve Mckain
Mr Krishnamurthy Somasekar
Mr Vincent Chamary
Mr Rhodri Codd
Mr Samir Rahmani

Gynaecology

Mrs Rohini Gonsalves
Mr Gareth Edwards
Mrs Makiya Ashraf
Ms Anita Nargund
Mrs Sajitha Parveen
Professor Nazar Amso

Haematology

Dr Husni Habboush

Menopause Service

Dr Charlotte Fleming

Neurology

Dr Kenneth Dawson
Dr Fady Joseph
Dr Gareth Llewelyn

Neurosurgery

Mr Ravindra Nannapaneni

Occupational Health

Dr Jonathan Hancock
Dr Carly Atkinson

Ophthalmology

Mr Chris Blyth
Mr Andrew Feyi-Waboso
Mrs Rita Sengupta
Mr Desmond O'Duffy
Mr Michael Andrew Roberts

Oral & Maxillofacial

Mr Richard Parkin

Orthopaedic Medicine

Dr Simon Hannaford-Youngs

Orthopaedic Surgery

Ankle

Mr Kartik Hariharan
Mr Yogesh Nathdwarawala
Mr Sujit Kadambande



Elbow / Arm

Mr Ro Kulkarni
Mr Andrew Rogers
Mr Hemang Mehta
Mr Michael Thomas

Foot

Mr Kartik Hariharan
Mr Yogesh Nathdwarawala
Mr Sujit Kadambande

Hand / Wrist

Mr Andrew Rogers
Mr Vasudev Shanbhag

Hip

Mr Phillip Alderman
Mr Aled Evans
Mr Mark Lewis
Mr Gordon Gillespie
Mr David Baker
Mr John Lloyd
Mr Daniel Parfitt

Knee

Mr Phillip Alderman
Mr Aled Evans
Mr Mark Lewis
Mr Gordon Gillespie
Mr Huw Pullen
Mr David Baker
Mr John Lloyd
Mr Daniel Parfitt

Shoulder

Mr Ro Kulkarni
Mr Huw Pullen
Mr Hemang Mehta
Mr Michael Thomas

Spine

Mr Abraham Manoj Thomas
Mr James Cordell-Smith
Mr Ash Khurana

Spinal Neurosurgery

Mr Ravindra Nannapaneni

Orthotics

Douglas Young

Osteopathy

Andrew Lewis

Pain Management

Dr Tzvetanka Ivanova-Stoilova
Dr Sonia Wartan

Podiatry

Richard Green

Psychology

Dr Leonie Jones

Renal Medicine

Professor Stephen Harper

Respiratory Medicine

Dr Patrick Flood-Page
Dr Sara Fairbairn
Dr Jose Thomas
Dr Andreea Ionescu
Dr Melissa Hack

Rheumatology

Dr Stuart Linton
Dr Syed Ayas
Dr Robert Callaghan

Sports & Exercise Medicine

Dr Geoff Davies

Stroke Clinic

Dr Yaqoob Bhat

Urology

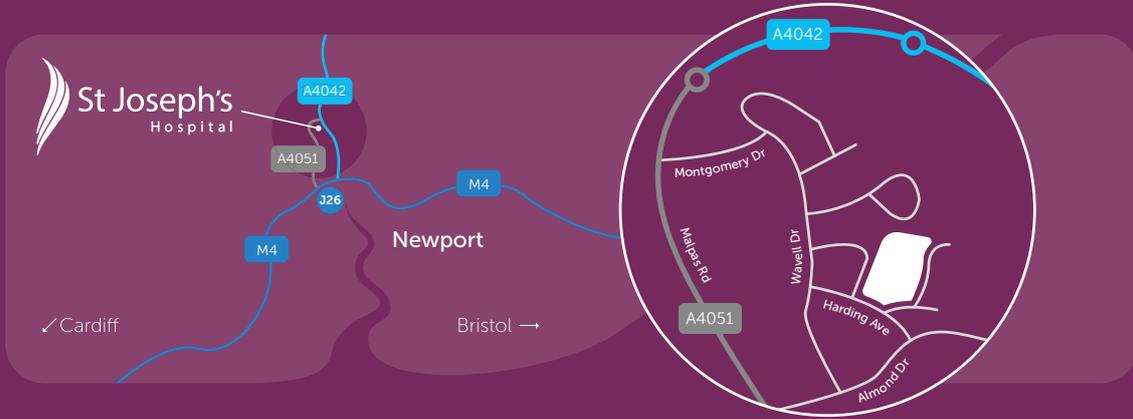
Mr Christopher Bates
Prof Raj Persad

Vascular Surgery

Mr Ahmed Shandall
Mr David Richard Lewis

We're ready to welcome your patients

If you want to find out more about how St Joseph's Hospital can help your patients with the next step in their care please get in touch using the contact details below.



Our Centres of Excellence



Advanced Diagnostics



BreastCare



Cardiology



Clinical Physiotherapy



Corporate Wellness



Cosmetic Surgery



Fibromyalgia



Health Assessments



Ophthalmology



Orthopaedic Surgery



Private GP



Skin Clinic



Women's Health

We look forward to welcoming you to St Joseph's.



Harding Avenue, Malpas, Newport, NP20 6ZE
01633 820 300 hello@stjosephshospital.co.uk

stjosephshospital.co.uk