

Spring 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!

17th May

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

Endocrinology update

Dr A Lansdown
7.30pm

Reading an ECG with diagnosis & referral

Dr C Mädler
8.15pm

7th June

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

Upper limb: Interactive examination & injection workshop. Bring your cases for discussion

Mr R Kulkarni & Mr A Rogers
7.30pm

28th June

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

Management of hernia and bowel conditions & referrals

Mr B Stephenson
7.30pm

GI pathology & painful syndromes

Dr V Goel & Dr T Stoilova
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**.

60 seconds with...

**We sit down with Mr David Richard Lewis
Consultant Vascular Surgeon at St Joseph's
Hospital.**

Tell us a bit about yourself.

My parents are Welsh; from Blackwood and Pontypool. Although I grew up in Bristol I spent many school holidays in Gwent and West Wales. My partner and I have 5 children between us so life can be quite noisy at home sometimes.

I trained as a vascular surgeon in the south west of England and also spent a year at The Royal North Shore Hospital in Sydney. My first consultant job was in Christchurch, New Zealand and I spent 7 years there. I really enjoyed life in New Zealand especially the beach, the countryside and watching the local rugby team; The Canterbury Crusaders. I loved living in Christchurch and had some good colleagues and friends there. I threw myself in to life at the hospital, at The University of Otago where I was an Associate Professor and spending time with my children. After the devastating earthquake in February 2011 I made the difficult decision to return to the UK. Although the decision to leave New Zealand was very hard, I'm really enjoying being back in Wales and have no plans to move again.

As a Vascular Surgeon what are the biggest challenges that you find?

In the last 10 to 20 years there have been a number of significant technological advances in vascular surgery. Most of these have been transforming traditional open surgical techniques into minimally invasive techniques like endovenous treatment of varicose veins and endovascular aneurysm repair. Fortunately, as a young consultant in New Zealand, I was an early adopter of these techniques. I have performed a large number of them over the last 14 years or so and they are now a mainstay of my current practice. I know that in some areas of the UK these advances have been resisted, and I think that patients are disadvantaged when this happens.

What would you say are the most common referrals that you see? Is there anything people can do to guard against these conditions?

At St Joseph's Hospital the most common referrals are for patients with symptomatic varicose veins. Unfortunately varicose veins are very common and there isn't much you can do to stop yourself getting them. Some of the symptoms from varicose veins can be improved with support hosiery and



Mr David Richard Lewis

using regular moisturizer on your legs. Fortunately most varicose veins can be treated successfully under local anaesthetic, using minimally invasive techniques as a "walk-in walk-out" procedure.

I also see a fair number of patients with "hardening of the arteries". Smoking is the number one cause of "hardening of the arteries"; so don't smoke!

In your experience, what are the most difficult conditions to spot, and what should medical professionals look out for to help identify them?

"Hardening of the arteries" leading to peripheral vascular disease, coronary artery disease and stroke can creep up on you. The main causes of "hardening of the arteries" are smoking, diabetes, high blood pressure and high cholesterol. Apart from smoking the other risk factors can be difficult to spot in the early stages. They often don't cause any symptoms. I think it's important to look after your health and after the age of about 50 I don't think that it is unreasonable for patients to ask for a health M.O.T. checking for "hidden" problems like those mentioned above.

St Joseph's Hospital has many Centres of Excellence – how do you feel it compares to other centres taking into consideration the level of care, the technology available, and the service.

The nursing support as well as the support from X-ray staff and the admin team at St Joseph's is fantastic. I've seldom met such a caring and helpful group of professionals. The imaging equipment is excellent and allows me to deliver a "one stop" assessment and diagnostic clinic for patients with varicose veins.



We all have busy lives and there is no need for patients to return to the hospital for multiple, separate appointments: to see a consultant, to have a scan, to talk about the results of the scan and again for treatment, if they don't want to. Doing a duplex ultrasound scan at the same visit as your appointment to see me means that we can discuss and agree on the best treatment option to suit your individual needs.

What do you see as being the next major breakthrough in vascular care at St Joseph's?

I learnt to insert Port A Caths as a trainee. Since then, as technology has improved, I have refined the surgical techniques that I learnt back then making them better and safer. Port A Caths are Totally Implantable Venous Access Devices (TIVADs) that are used for patients who need long term intravenous medication like chemotherapy. I developed a successful TIVAD service in New Zealand and in Scotland. Part of the success of these services

was being responsive to the needs of the patient and the oncologists. The feedback that I received from patients about how this improved their quality of life, while they were undergoing treatment, was staggering. Because the ports are "Totally Implantable" it means that you can do all your normal, daily activities without tubes sticking out through the skin. I hope to be able to develop this service in South Wales.

If you could offer one piece of advice to fellow Vascular Surgeons what would it be?

Stay up to date or ahead of technological advances in the speciality. Don't march backwards in to the future but relish the opportunity to deliver better care to patients. Constantly work to improve your communication with patients and include your patients in all decisions about their care. Never stop learning.

The Bridge Rehabilitation Centre

The bridge between hospital and home.

St Joseph's Rehabilitation Centre, The Bridge, is a nine-bed short stay unit, specialising in post-operative rehabilitation convalescence and respite care.

We have launched a new rehabilitation centre to help achieve optimum recovery results after an accident, injury or surgery.

Our beautifully furnished rooms have en-suite facilities, television, complimentary Wi-Fi and 'full profile' beds. Meals are prepared by our Head Chef and his team and can be served in the patient's room or in the two communal relaxation areas and dining area, should they wish to have company.

At The Bridge, we have a multi-disciplinary team which includes GPs, a Senior Nursing Sister with a team of Health Care Assistants, Physiotherapists, Rehabilitation Technicians, Dieticians, Occupational Therapists, Pharmacist and Counsellors. We are also supported by a team of Consultants across a wide variety of specialties.

Our team aims to maximise function following accident, injury or surgery by offering expert advice and with access to our state-of-the-art equipment, we are able to promote an accelerated recovery.

A personal treatment plan will be produced that suits the patient's needs and may incorporate hydrotherapy, massage and use of the Alter G anti-gravity treadmill which speeds up rehabilitation from illness, injury or surgery by getting the patient moving a lot sooner in a pain free environment.

The unit is covered by our Resident Doctor 24 hours a day, 7 days a week should any medical problems arise during the stay, offering reassurance to the patient and their family.

For more information, please call **01633 820 280**, email thebridge@stjosephshospital.co.uk or visit our website stjosephshospital.co.uk



Menopause clinic

At St Joseph's Hospital, we appreciate that every woman is different and we understand what a challenging time the menopause can be. We offer a bespoke service to guide your patient through menopause.

Menopause or 'The Change' is a part of a woman's life. Unfortunately it can be a stressful time as so many things are happening at once, children can be leaving home, patients are no longer able to have children, may have elderly parents to look after and have physical changes to deal with.

Women experience the menopause in different ways. Some women do not suffer and the transition is swift but others have symptoms which can last for four years from the last period (80%) to up to twelve years (10%) which impairs their quality of life.

The type of symptoms experienced:

- Hot flushes
- Low mood or anxiety
- Aches and pains
- Vaginal dryness
- Weight gain.

At St Joseph's we have decided to look at the menopause in a holistic way and we have a team of dedicated professionals who will evaluate and treat the patient during this difficult time. Offering extended appointments with the time to listen to all of the patient's concerns and support them during the journey ahead.

We have an all-female multidisciplinary team who have the time to listen, can provide continuity and reliable updated advice and information, in order to achieve the best possible outcome for the patient.

Our team

- GPs
- Dr Rebecca Walberg
Dr Isabel Echeveste
- Consultant Gynaecologist
Mrs Rohini Gonsalves
- Psychological therapy
Psychologist: Dr Leonie Jones
Counsellor: Mrs Terry Hay

- Physiotherapist
Jilly Bond (Pelvic Health)
- Specialist Nurse (Nutrition)
Kate Cook
- Specialist Nurse (Cardiology)
Karen Barrett
- Specialist Nurse (BreastCare)
Carol Richards

We offer an initial consultation by a GP in order to assess the patient's needs. As part of the consultation the patient will be examined fully and the need for further investigations or treatments can be established.



Dr Leonie Jones

We will discuss the role of HRT medication or alternatives, in order to allow the patient to make an informed decision, based upon their requirements and lifestyle. We can discuss contraception and provide this if required.

Following this initial consultation we may recommend multiple services to the patient in order to meet both their physical and emotional needs, so as to treat both mind and body.

We are able to offer a complete musculoskeletal physiotherapy assessment and gym or pool based exercise programme, if the patient wishes to address any aches and pains that they are experiencing.

Pelvic health physiotherapy, is another consideration and a consultation with an experienced physiotherapist will enable us to address other symptoms by conducting the following:

- Full bladder and bowel dysfunction screening
- Assessment of prolapse symptoms
- Assessment of sexual function, vaginal dryness and atrophy
- Pelvic floor muscle range

As part of the menopause there is an increase of suffering from long term health problems which we can address, through screening as well as treatment plans to suit the patient and their long term health goals.

We are able to offer a cardiovascular screening in order to identify and assess risk, in order to improve lifestyle choices which may contribute to heart health.

This will include BP, body statistics, ECG and bloods, which will enable us to calculate risks and suggest modifications in order to reduce future risk factors. As part of the service we offer smoking cessation should it be required.

Another key area which we can assess is osteoporosis, we can detect the presence of the condition by using QCT, which in comparison to DXA, can detect low bone mass in the spine at an earlier stage.

For the psychological and emotional needs of the patient we provide a counselling service with a therapist who has more than 16 years of experience. The counsellor will aim to empower women by discussing coping strategies in order to manage their symptoms and enable them to cope with the menopause transition period and life after.

Our specialist nurse will be able to look into their diet providing and nutritional assessment and



Dr Isabel Eheveste

advice to ensure a balanced diet for their new requirements.

If their concerns are related to breast cancer or the risks after the menopause, we have a BreastCare Centre with experienced radiologists as well as a range of high quality diagnostics depending on needs.

If symptoms are more complex we have our Consultant Gynaecologist Mrs Gonsalves, who will be able to provide us with her expertise in order to tailor treatment plans to the needs of the patient.

Overall, St Joseph's will offer a unique way to look into the menopause, based on the needs of the individual and the requirements of the patient.

We promise to provide:

Time - to listen, understand and support the patient

Continuity - to develop strong relationships between patient and doctor

Relief - from short-term menopausal symptoms

Advice - about ways to improve health and wellbeing

Information - about staying well. Up-to-date, evidence based information in a format to suit the patient

For more information, please call **01633 820 300** visit stjosephshospital.co.uk or email hello@stjosephshospital.co.uk

Transanal Haemorrhoidal Dearterialisation (THD) surgery

The THD procedure is an innovative surgical treatment option for Haemorrhoids which is performed at St Joseph's by Mr Codd, Consultant Colorectal and General Surgeon, for self-pay patients only.

The procedure offers a less traumatic, minimally invasive approach for the treatment of Haemorrhoids that do not respond to conservative management.

The operation usually involves a general anaesthetic and takes approximately 40 minutes to complete. During the THD procedure, a small disposable plastic proctoscope (that is fitted with a micro-Doppler ultrasound device) is placed in the anus. The blood-supplying arteries of the Haemorrhoids are then precisely located using the proctoscope. These blood vessels lie above the Haemorrhoids, so this allows

the surgeon to place a very precise stitch into the haemorrhoidal arteries in order to tie them off. This causes the haemorrhoids to shrink.

As the procedure is carried out in the area above the dentate line the patient doesn't feel any stitches during or after the intervention.

If a patient undergoing the procedure also has problems with larger prolapsing haemorrhoids, the surgeon can also place additional stitches to lift or pull the loose tissue up to the level of the dentate line where it is fixed by ligation of the plicating sutures.

How soon will the patient recover?

THD can be done safely as a day case procedure. The patient can go home a few hours after the surgery and will be able to resume normal activities after 24-48 hours.

What are the risks involved?

Since this procedure does not cut or remove any tissue, post-operative complications are significantly reduced compared to a Haemorrhoidectomy.

Infection and tenesmus can occur briefly after surgery but are a small risk complication.

For more information, please call **01633 820 300**, email hello@stjosephshospital.co.uk or visit stjosephshospital.co.uk



Mr Rhodri Codd

Centre of Excellence in Pelvic Pain



Pelvic pain can be a challenging diagnosis to manage as it encompasses numerous other diagnoses of musculoskeletal and visceral origin, such as sacroiliac joint dysfunction or low back pain, coccydynia, dyspareunia, bladder or bowel pain, vulvodynia, lower abdominal or IBS pain, Bladder Pain Syndrome (prev. Interstitial Cystitis) and pudendal neuralgia. Patients may experience disabling pain anywhere between their lower trunk and upper thighs, and almost always have concurrent pelvic health issues such as bladder or bowel incontinence, prolapse, erectile dysfunction, constipation or issues with intimacy.

At St Joseph's Hospital we have an established Centre of Excellence in Pelvic Pain led by clinical specialists, including a Specialist Pelvic Health Physiotherapist, Consultant Anaesthetist, Gynaecologist and Counsellor, who deliver a holistic approach to assessment and treatment of pelvic health and pain. Referrals can be made directly to the hospital, to ensure the patient accesses the services they require.

Within the Centre for Clinical Physiotherapy patients receive a complete assessment of their concerns with a pelvic pain specialist, who then assesses their musculoskeletal and internal organ health. Patients are then provided with a bespoke and strongly evidence-based treatment programme which may involve the following:

- Optimisation of bladder and bowel function to improve intra-abdominal pressure management

- Manual therapies and interventions to improve musculoskeletal issues
- Pain education and assessment of other potential life stressors
- Paced re-introduction of exercise via the Alter-G anti-gravity treadmill or within our 40m² warm hydrotherapy pool for those unable to tolerate land-based exercise
- Interval training for vagal nerve stimulation creating a reduction in visceral pain and organ symptoms
- Myofascial release and down training of the pelvic floor muscles for optimisation of functional range of movement and peripheral and central desensitisation

- Stretches for the pelvic floor, legs, hip, bottom and abdominals
- Breathing exercises to improve intra-abdominal pressure management and down training of the pelvic floor
- Dietary advice to reduce impact of pain triggers and to improve bladder and bowel function
- Bladder retraining to improve capacity and sensory output
- Graded motor imagery to normalise visceral sensation and reduce pain

The Pelvic Pain Centre at St Joseph's Hospital has a strong team work ethos that allows physiotherapy intervention to be supported with concurrent analgesic interventions or counselling as required. Keeping at the forefront of the medical understanding and management of pelvic pain is important to us, and over the last three years the Centre for Clinical Physiotherapy has published research (Bond et al., 2017) into the treatment of chronic visceral pelvic pain and attended international conferences. The service strives for continual excellence, is specialist-led, supportive, professional and confidential.

For more information, please call **01633 820 321**, email physio@stjosephshospital.co.uk or visit 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

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

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

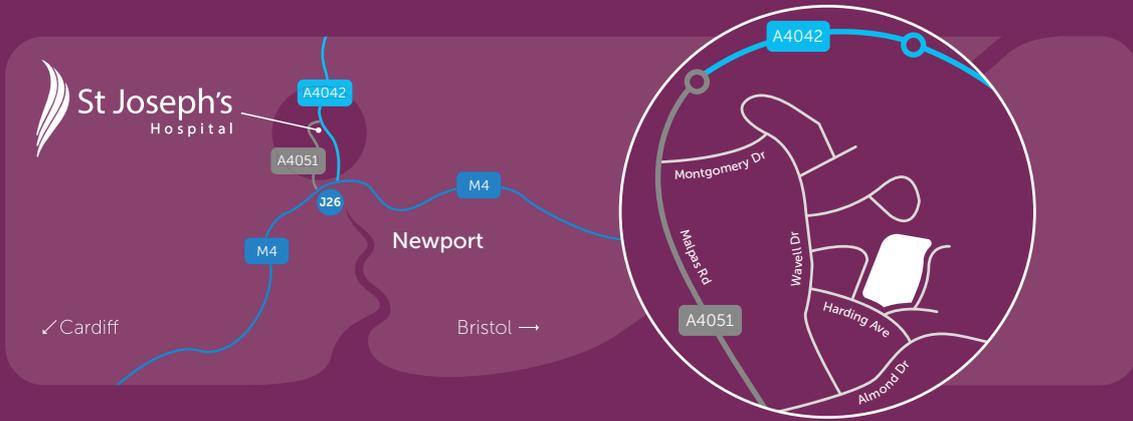
Mr Christopher Bates
Prof Raj Persad

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



The Bridge



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