

Referrer Newsletter

Oaks Hospital

Summer 2022

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Hello and welcome to Oaks Hospital Newsletter Summer 2022 edition.

Since the two years that COVID has dominated our lives so many things have changed. All of us have had to adapt to new ways of working. During the last two years I have worked as a Hospital Porter and NHS Administrator, both completely different but both very rewarding. I am however, pleased to say I AM BACK in my GP Liaison Role. I have, as you are aware, remained in contact with you via email sharing clinical education events and our NHS wait times. I am looking forward to visiting you in your practices and putting on more education events going forward... hopefully if COVID does not have any plans in changing my role again!

Gemma Frost

New Consultants:



Mr Konstantinos Evangelou - Hip & Knee

- Hip surgery
- Total hip replacement
- Revision of total hip replacement
- Periprosthetic hip fractures
- Knee surgery
- Total knee replacement
- Revision of total knee replacement
- Unicompartmental knee replacement
- Periprosthetic knee fractures
- Sports knee injuries surgeon in Greece
- Sports knee injuries - soft tissue knee surgery
- Knee arthroscopy
- Meniscal repair
- Meniscal root repair
- Treatment for chondral and osteochondral injuries (cartilage)
- Ligament reconstruction (ACL, PCL, PLC, MCL, LCL)
- Patella dislocation (MPFL Repair)
- Tibial tuberosity osteotomy
- High Tibia Osteotomy (HTO)
- Distal Femoral Osteotomy (DFO)



Mr Naveethan Sivanadarajah - Foot and Ankle

- Hallux valgus (bunions)
- Hindfoot disorders (flat-feet/ high arch feet corrections, ankle arthritis, fusion), minimally invasive and arthroscopic (keyhole) surgery
- Hammer/claw toes
- Ganglion and neuroma excisions
- Sport injuries (ligament, tendon, cartilage injuries)
- Heel pain disorders (Achilles Tendonitis & Plantar Fasciitis)
- Ingrowing toenails



Miss Tint Tint Wai - Consultant Gynaecologist (NHS Only)

- Chronic pelvic pain
- Endometriosis
- Menstrual disorders
- Minimal access surgery/laparoscopy (keyhole)
- Colposcopy
- Coil removal

New Consultants:



Miss Sasha Taylor - Consultant Gynaecologist (NHS Only)

- General gynaecology
- Prolapse
- Hysterectomy
- Pelvic pain
- HMB



Mr Mahmoud Radwan - Consultant Ophthalmologist (NHS Only)

- Glaucoma
- Glaucoma surgeries
- Augmented trabeculectomy
- Baerveldt
- Ahmed drainage devices insertion
- Laser peripheral iridotomy (YAG PI)
- MIGS drainage surgery
- Selective Laser Trabeculoplasty (SLT)
- MDLT (MicroPulse Diode Laser Therapy)
- ECP (Endoscopic Cyclophoto-coagulation)
- Laser treatment for glaucoma
- Complex cataract surgery
- General eye conditions



Mr Abhilash Paily - General Surgeon (NHS Only)

- Laparoscopic and open surgery
- Benign colorectal surgery
- Anal fistulae surgery
- Haemorrhoidectomies
- Anal fissures Botox injections
- Rectal prolapse surgery
- Diverticular disease surgery
- Inflammatory bowel disease (Crohn's Disease, Ulcerative Colitis)
- Malignant colorectal surgery
- Rectal cancer surgery
- Colon cancer surgery
- Benign general surgery
- Laparoscopic cholecystectomies
- Laparoscopic groin and abdominal wall hernia repairs
- Open groin and abdominal wall hernia repairs
- Abdominal Incisional hernia repairs
- Excision of lumps and bumps
- Endoscopy (diagnostic and therapeutic)
- Flexible sigmoidoscopy
- Colonoscopy
- Pelvic floor disease management
- Faecal incontinence
- Constipation including obstructive defecation
- Rectocoeles
- Internal rectal prolapses (intussusceptions)



Prof Peter Dzewulski - Plastic and Reconstructive Surgeon (Private Only)

- Moles
- Skin lesions
- Skin lumps and bumps
- Skin cancer
- Malignant melanoma
- Sentinel node biopsy
- Reconstructive surgery



Mr Abdul Qureshi - Consultant ENT Surgeon (NHS Only)

- General ENT
- Tinnitus
- Thyroid
- Adult tonsillectomy
- Dizziness
- Sinus



Dr Vijoy Chowdhury - Consultant Haematologist (Private Only)

- All aspects of clinical and laboratory haematology including chemotherapy for myeloma and leukaemia
- Lymphomas and myeloproliferative disorders
- Thrombophilia
- Anticoagulation and DVT treatments
- Immunotherapy
- Chemotherapy

We Say Goodbye To...

Mr James Sheldrick Retires



We say a sad farewell to Mr James Sheldrick who is retiring in June. We asked James for a memoire on his career to share with you all. I would like to include you all in saying thank you to James for his expert care of all our patients over the years. He will certainly be sorely missed.

This is what James had to say:

Where did the time go?

It seems like only yesterday arriving as a new ophthalmic consultant at the Essex County Hospital in 1996. I arrived on the ward on the Sunday evening to see my patients for a list on the Monday to find nobody knew who I was or that I was coming!

So now it's time for me to hang up my ophthalmoscope and pass on the baton to the younger generation but before going I am grateful to have the opportunity to say a sincere thank you to all of the medical, optometric and supportive administration staff I have had the pleasure to work with over the years. I really appreciated the time, support and help you have afforded me throughout my time in Colchester and Ipswich. I feel we are so lucky in this region to have such an excellent group of professionals who care about their patients.

So on behalf of my patients and I, I would like to thank you all once again.

And please remember that despite your busy workload and schedules, allow yourself time for yourself! You are a very valuable and precious resource and if you don't look after yourselves we will all be the poorer.

Many thanks,

James Sheldrick

We also say goodbye to:

Dr Craig Andersson - Consultant Psychiatrist and Dr Rohaj Mehta - Consultant Dermatologist.



What's New at Oaks Hospital

SACT Unit - Systemic Anti-Cancer Therapy

Oaks Hospital opens the doors of its new Oncology Unit.

We are delighted that Oaks Hospital in Colchester has recently opened the doors of its brand new SACT (Systemic Anti-Cancer Therapy) unit, offering oncology services to patients in the local area.

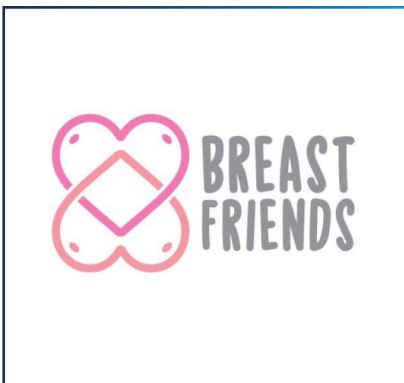
The new unit has been created through the re-purposing of an existing area in the hospital and now includes 4 treatment bays for patients that require oncology treatment as part of their cancer care. The space provides a calming environment to receive treatment, with french doors in most bays, opening into a courtyard area which includes a water feature and soothing mural. The artwork has been chosen in collaboration with Breast Friends, a local support network created by two patients who underwent cancer treatment at Oaks Hospital. The Breast Friends offer support to woman with a breast cancer diagnosis and have been invaluable to the Oaks Team as they have developed the new unit.

Oaks is delighted to be able to offer treatment to patients for a range of speciality areas including skin, gynaecology, urology and breast cancers. With the unit now operational, the local team are working hard to continue to develop its services for patients from diagnosis through to surgery and ongoing SACT treatment. The formal opening of the unit is due to take place later this year.

oakshospital.co.uk/treatments/cancer-services



Oaks Hospital are working in collaboration with Breast Friends



Breast Friends is a local community of breast cancer patients that support other women from diagnosis, during treatment, surgery and beyond. Caroline and Janine Breast Friends founders have both been patients at Oaks Hospital and were delighted to be involved in working alongside us developing our new SACT oncology unit.

Advice and Support

Breast Friends host a private Facebook group for anyone with an experience of Breast Cancer, living or having treatment in Suffolk or Essex. Breast Friends Facebook page provides a forum to ask questions, chat and share experiences with others that totally understand how it feels to juggle life with a breast cancer diagnosis. They also hold regular social events and all of their members are invited to join them at their monthly meet up where they connect in person... usually over coffee and cake!

Click the [HERE](#) to request to join our private Facebook group.



Meet Christopher - New Matron and Head of Clinical Services



Please meet Christopher Teates, who joins us as our new Matron and Head of Clinical Services. Christopher has a background in Theatres and Clinical Leadership. Prior to joining Ramsay Christopher managed an independent Eye Hospital and has previously been a theatre manager. Christopher qualified as a ODP in 2000 from the Royal Defence Medical College and has worked in a variety of Healthcare settings from Acute Hospital Trusts to Field Surgical Teams. Christopher is passionate about delivering high standards of care through effective and caring clinical teams.

We are delighted to welcome Christopher to our team and wish him every success in his new role.

Oaks Hospital Clinical Education Events

Our clinical education events come armed with CPD points and a wealth of knowledge from our team of experienced Consultants. Currently we are running virtual events, approx. 3 per month however in the New Year we will be looking at the return of our face to face events, but we will also keep them available virtually for those the prefer the virtual aspect.

You can find our Clinical Education Events listed [HERE](#).



Patient Information Events

Saturday 11th June we have face to face mini consultations with Mr Fadi Alfhaily, Consultant Gynaecologist. This is ideal for women experiencing any gynaecological issues that would like answers, or are on the waiting list for treatment considering going private. The mini consultations are complimentary and can be pre-booked via this [LINK](#).



Referring Patients

How to refer private patients:

Private patients can be referred through the online referral portal:

ramsayhealth.co.uk/patientreferral User name: Ramsayonline | Password: Ramsaygp

*Please access the portal through google chrome

How to refer NHS patients:

Via eRS (choose & book) | Email: RHC.Oaks@NHS.net

Updated Consultant Directory

Please click on the [LINK](#) to download the new updated Consultant directory.

Oaks Hospital now accepts CT Referrals direct from GPs

We are delighted to announce that GPs can now refer private patients directly to CT at Oaks Hospital.

**Please note this does not include CT Colons and Cardiac CT, these will still need to be referred by a specialist Consultant.*

The referral will still need to be protocolled by a Radiologist and a prescription signed.

Referral Criteria:

1. The referral must be requested only by a General Practitioner registered by the GMC.
2. All patients for all imaging must have a formal referral either as a referral form or letter (either paper or electronic) from a clinician.
3. The following minimal dataset must be included on all referrals for imaging to Ramsay Healthcare UK:
 - Patient Name
 - Date of Birth
 - Address
 - Hospital number
 - Examination requested
 - Body part to be imaged
 - Correct side (laterality)
 - Adequate clinical information to enable justification to take place
 - The clinical question to be answered
 - Referrer signature, name and registration number
 - Date of referral
 - Contra-indications or other information relevant to the examination
4. The Referrer is responsible for providing sufficient medical data, including pregnancy of the individual, in order to enable the practitioner to justify the exposure.
5. Referrals that do not meet the above criteria will be returned to the referring clinician.

The costings are as 'self pay' patients:

- one part £550
- two parts £700
- three parts £850
- four parts £1000

Insured patients accepted as per patients provider policy.

As with all private referrals, our aim is to report them within 48 hours and the report sent to the referrer.

The CT referral form can be downloaded: **MRI & CT Referral Form** [HERE](#)

Please email your referral directly to the Radiology Department: rhc.radiology.oaks@nhs.net

