

GP Choice

Rotherham Hospital *Your hospital, your health, your choice*

October 2010

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Welcome to our new Consultants at Rotherham Hospital



Dr Anil Hormis

Dr Anil Hormis
Consultant Anaesthetist

Dr Hormis joined the Trust in August. After graduating in 2010, he completed Anaesthetic & Intensive Care Training in Sheffield and undertook a Fellowship in Clinical Simulation and Medical Education.

Dr Hormis then went on to complete a Hospital Care and Trauma Anaesthesia Fellowship at the Royal London Hospital, working for the Helicopter Emergency Medical Service (London HEMS).

Dr Hormis told GP Choice: "My subspecialties include Pre-hospital Trauma Care, Clinical Simulation and Medical Education. I look forward to providing seamless care for patients from the pre-hospital environment right through to the operating theatre and Intensive Care. I'd like to develop a teaching and training programme for the next generation of doctors in clinical skills."



Mr Kingsley Paul Draviaraj

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Consultant Orthopaedic Surgeon

We would like to welcome Mr Kingsley Paul Draviaraj, who joined the Trust's Trauma and Orthopaedics team in August.

Prior to joining the Trust, Mr Draviaraj completed his rotation in Sheffield before completing shoulder and elbow fellowships at Sheffield and Derby.

"I worked at Rotherham as a senior SHO from 2001 to 2003 and its good to be back. I'm looking forward to working as part of a team which provides a first class upper limb service in the region", said Mr Draviaraj.



Trust is nominated for top health award



Carole Lavelle, Head of Case Management

Rotherham Hospital has been nominated for a prestigious health award in recognition of its ongoing commitment to improving patient care.

The Hospital has reached the final stages of the HSJ "Efficiency Initiative of Year" category, which recognises demonstrable, measurable efficiency savings and improvements to systems and processes. Since 2008, the NHS in Rotherham has been working with McKesson to implement InterQual®, its utilisation management and appropriate level of care solution, with the aim of providing appropriate levels of care for individuals with defined needs.

Carole Lavelle, Head of Case Management said: "We're delighted to have reached the final stages. Winning this award and gaining recognition at a national level would make The Rotherham NHS Foundation Trust justifiably proud, further enhancing our reputation as a leader in NHS innovation."

Winners will be announced at the awards ceremony, which is taking place in November.





Better Health Information at Rotherham Hospital

Patients and visitors to Rotherham Hospital can now benefit from the new and improved health information service in the main entrance, which opened in August.

The service provides free health information, advice and guidance for patients, carers and the general public. Jayne Sinclair, Health Information Officer says: "Our health information service provides quality, up-to-date information on a wide range of health conditions, including patient information produced by the Trust as well as information produced by leading health charities, such as the British Heart Foundation and Diabetes UK." "The new health information area is fantastic, very modern and up-to-date. The open-plan area is more visible to visitors and it is very bright and welcoming. Having the extra space means we are much more accessible to those with limited mobility so we will be able to help even more people."

"People wanting to use the service can simply call in for basic information or they can book appointments in advance for more in-depth enquiries", Jayne added.

The new area, which also incorporates the Rotherham NHS Stop Smoking Service for the hospital, marks the first phase of the redevelopment of the main entrance, which has been designed to create easier access to the hospital services for patients, visitors and staff.

Speaking of the developments, the Trust's Chief of Service Transformation Mark Trumper says: "The 'Healthcare of Tomorrow' programme is focused on transforming and upgrading services and facilities across the hospital. We are working to create a welcoming entrance and gateway to services, transforming the experience for patients and visitors so that it is easier for them to get around, find what they want and get the help they need.

"We are passionate about the care we give people and from the moment someone walks through our doors we want them to feel safe, comfortable and confident in the excellent care they will receive."

Visitors to the hospital can call in to the Health Information area or can make an appointment by calling 01709 307190. Those wishing to contact the Stop Smoking Service should call 01709 369257.

For more information on the main entrance developments at the Hospital, please visit www.rotherhamhospital.nhs.uk/construction



Consultant at Rotherham Hospital discovers alcohol cuts risk of arthritis

Pioneering research by Rotherham Hospital Consultant Rheumatologist, Dr James Maxwell has found that alcohol consumption can reduce the symptoms of rheumatoid arthritis.

Severe cases of rheumatoid arthritis can be disabling but this study shows alcohol can have an anti-inflammatory effect on joints and may play a role in helping sufferers with the pain.

Consultant Rheumatologist and Honorary Senior Clinical Lecturer at Sheffield University Dr James Maxwell, said: "There is some evidence to show that alcohol suppresses the activity of the immune system, in fact the report shows that drinking alcohol can lower the risk of rheumatoid arthritis by up to 40 per cent."

Around 1% of adults in the UK have rheumatoid arthritis, a disorder in which the body's immune system attacks the joints, causing inflammation, pain and swelling.

873 arthritis patients and 1,004 people without the illness took part in the study, with alcohol intake recorded as part of a questionnaire. Patients with rheumatoid arthritis underwent blood tests, X-rays and specific joint examinations to record the severity of their arthritis.

Dr Maxwell said: "Once someone has developed rheumatoid arthritis it's possible that the anti-inflammatory and mild painkilling effects of alcohol may play a role in reducing the severity of symptoms. In the patients we worked with there was less damage to joints, blood tests showed lower levels of inflammation, and there was less joint pain, swelling and disability. We are not suggesting that people go out and drink vast amounts of alcohol but we have shown that even small amounts of alcohol can help some people with this condition.

"We don't yet know why alcohol can affect the severity of the condition so more research is needed to test different factors which may also play a part. It's also possible that certain alcoholic drinks can have a different impact on the condition so we need to look into this further."



Dr Maxwell would like to stress that without further research, it is not recommended that patients drink alcohol for the purpose of treating or preventing their arthritis and that government alcohol guidelines are followed at all times.

For more information on the hospital's full range of Rheumatology services, including how to make an urgent referral, paediatric clinics and patient advice, please visit www.rotherhamhospital.nhs.uk/rheumatology.

In this edition of GP Choice, we take a look at the Hospital's Surgical Assessment Unit, which has now been up and running for a year.

Since its opening in August 2009, the unit has received over 4000 emergency general surgical admissions.

The six bed unit was set up to make the admission process smoother and quicker for patients and to help support other areas at the hospital, including A&E and the Medical Admissions Unit (B1).

Staff Nurse Andrew Buttle told GP Choice: "Before we opened, all emergency general surgical patients came in through B1 or A&E where the surgical team would assess them. Patients can now come directly

to the unit from their GP which means they receive their care and treatment more quickly.

"This has had a significant impact on A&E, with 1500 of their patients coming directly to us for assessment, as soon as they were identified as general surgical. This has helped to ease some of the pressure on their department."

Great grandmother Lilian Clarke, 89, from North Anston was assessed in the unit in August and said: "My experience here has been really good. The staff have been fantastic, really helpful and they're always happy to give you a hug if you need one. I will be sad to leave the staff here, because they've been really great."

The Surgical Assessment Unit has six beds in total, but can see as many as 25 patients a day.

A dedicated waiting area has also been set up complete with a TV, newspapers and comfy

chairs, for anyone who does have to wait for an assessment.

Ward Manager Sam Burgin says: "We are trying to do everything possible to make the experience more streamlined and comfortable for our patients. At times this can be quite a logistical challenge depending on the number of patients arriving at any one time."

She added: "It has been a great first year and we have really seen a positive impact on the way we work. There's a bigger focus on team work with nurses and surgeons working really closely together to ensure the best most appropriate decision is made for the emergency patients. Once patients are assessed they are either discharged to go home or if admission is required they are transferred into an inpatient bed on one of the general surgical wards."

GPs and patients requiring more information on the surgical assessment unit should visit www.rotherhamhospital.nhs.uk/sau



Focus on...

The Surgical Assessment Unit



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Reshape Rotherham, the community weight management programme has been running for just over 12 months. This month, Bernadette Hossack spoke to Sarah Groom, Rotherham Hospital's new Specialist Dietitian for Diabetes Services and Reshape Rotherham Lead, to find out more about the programme.

BH: So Reshape Rotherham has now been running for just over a year Sarah. Can you tell me a little more about the service?

SG: Reshape Rotherham is an adult community weight management programme for people with a Rotherham registered GP. It is a service run by friendly NHS trained weight management assistants and is completely free!

The course consists of 10 weekly, hour long sessions and helps people to make long-term changes towards a healthier diet and lifestyle. The ethos of the course is setting small manageable personal goals each week.

In the past 12 months, we are delighted to have received over 1000 referrals from across the Rotherham district and so far our graduates have lost a grand total of 616kg.

BH: So where are the courses held?

SG: We try to be as flexible as possible and tailor the programme to local people's needs. We deliver Reshape at a range of community venues around the Rotherham borough such as health centres, church halls and leisure centres.

Our courses are delivered from venues in and around the town centre as well as out in the community. At the moment, our town centre venues include the Arnold Centre, the RAIN building, the Central Library and here at the Hospital of course. Our community provision is delivered from venues in Brampton, Wath, Kilnhurst, Kiveton, Swallownest, Aston, Maltby and Dinnington.

We try to fit in with busy lifestyles, so we run courses in the mornings, afternoons and evenings. Each referral made to us is considered individually in terms of ease of access to the venue and the most appropriate time of day for the person.

BH: Talk me through what is covered in the sessions.

SG: Reshape is based around the four main principles of dietary management, changing behaviour, support and increased activity.

We begin with an introduction to the course and an outline of the aims of the course as we appreciate that for many of our patients, attending a weight management group is a daunting

experience and many people are simply not sure what to expect! The importance of keeping and reflecting on a food diary is explained. At this point, detailed measurements of weight and waist circumference are made so that we have a clear baseline to assess each person's success.

Sessions vary from week to week and we incorporate a range of classroom based and practical activities.

We cover a range of games which encourage members to learn about food labels and nutrition and how to swap their favourite high fat and high sugar foods for better alternatives. We believe that the ethos of swapping foods for alternatives is much more practical and acceptable to the patient than promoting a complete ban on our favourite treats and indulgences.

We discuss favourite foods with an emphasis on fat, sugar and salt and promotion of better alternatives and discuss common marketing claims so the participants can become their own food detectives!

The importance of portion sizes is covered in our classes, which for many is a real surprise. It is interesting to see the portion sizes of foods represented in pictorial and real sized food format and the group often learn that their portions of meat and fish require some adjustment. Practical handy measures to measure portions using parts of the palm and hand are indicated as well as details on weights and measures for those who want more precision.

As Reshape is about the whole diet and prevention of nutritional deficiencies such as osteoporosis, we dedicate two of our sessions to look at calcium and iron in the diet. This is because we are aware that sometimes a person's efforts to lose weight compromise key dietary nutrients.

BH: Is it true that lots of people think they have to join a gym before they can start losing weight?

SG: Very much so, but rather than rushing out and joining an expensive gym, we encourage our members to think about how they can build activity into their daily lives.



One of our sessions focuses specifically on the triggers to overeating and addresses the difficult and common problem of lapses. We share our own top tips to avoid comfort and night time snacking in accordance with recognised behavioural change strategies. This is often a very emotional session in which the reasons for eating independent of physical hunger are discussed and then tackled.

BH: So what happens at the end of the course?

SG: Session 10 is often a sad session as the course draws to a close. However, participants often exchange contact details with one another and we have many examples of group members meeting up afterwards socially and to do gentle exercise. We feel establishing sources of support to be very important and this session looks to identify those around you who can offer support in the long term management of weight.

The course is then thoroughly reevaluated in terms of anthropometric measures, changes to food intake, goals set and improvements

in quality of life. At this point we also check if each group member's course expectations have been met.

BH: Who is eligible and how can people access the course?

SG: The course is available for anyone with a BMI of 25-40. We actively promote self referral, but we also recognise that many people might need encouragement, approval or confirmation of need from their G.P and practice nurse and we welcome referrals from these sources. I am keen to meet with GPs, nurses and practice managers who would like additional information on Reshape and we are always happy to discuss our service or an individuals needs.

Please feel free to contact us on 01709 307725 with any enquiries or if you'd like to request a visit.

For more information, please visit www.rotherhamhospital.nhs.uk/reshape

GU Medicine opening hours extended

The hospital's genito urinary medicine department is now open on Saturday mornings

The opening hours of the Department are as follows:

Monday	8.30 am – 7.00 pm
Tuesday	8.30 am – 7.00 pm
Wednesday	8.30 am – 5.00 pm
Thursday	8.30 am – 7.00 pm
Friday	8.30 am – 5.00 pm
Saturday	9.00 am – 12.30 pm

Patients wishing to make an appointment should call 01709 307777. For more information on the Trust's sexual health services, please visit www.rotherhamhospital.nhs.uk/sexualhealth

Trust welcomes new Governors

Governors play an important role at Rotherham Hospital and provide a vital link to the community and staff groups.

Following a recent election, the Trust is delighted to welcome three new Governors to join 16 other Public and Staff Governors. Ann Flack from Moorgate, will be representing Rotherham South and says:

"I am looking forward to the challenge. Having recently retired from serving as a Magistrate on the Rotherham Bench, I very much wanted to continue to use the considerable skills I had acquired at the Court.

"I welcomed the opportunity to apply for the vacant post of Governor for Rotherham South and feel privileged to have been selected. Being a Governor is a big responsibility and, in my opinion, one of the most important things is integration of representation, thus making sure everyone feels included. This will be a priority for me."

Cynthia Shaw, from Harley in Rotherham, has been elected as a public Governor to represent Wentworth North. Cynthia also has experience as a Magistrate and knows Ann through her previous role:

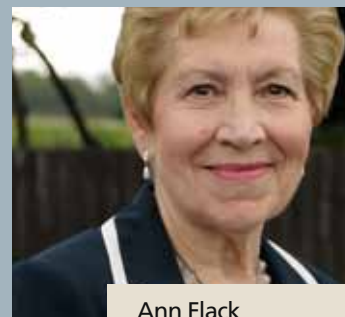
"It's nice that there is someone I know on the committee already and I'm sure Ann and I will make a great contribution having so much similar experience. As a

Magistrate you are encouraged to think objectively and consider all the different possibilities, so I think this will prove useful when looking at the different areas and backgrounds we represent.

The Trust's Health Records Manager Bev Doane will also be joining the team and helping to make sure the views of staff are represented. Bev and three other colleagues in different areas of the Trust will provide a vital ear if staff have any concerns and help to make sure the views of the employees are also voiced.

Director of Corporate Affairs and Company Secretary, Kerry Rogers said:

"Governors are fundamental to the hospital to make sure we are delivering on what the people of Rotherham and staff want to see from their local health service. They provide an important route into the community and can deliver any important messages to us about how the public feel we are doing and what they would like us to improve"



Ann Flack



Cynthia Shaw



Bev Doane

"Governors are fundamental to the hospital to make sure we are delivering on what the people of Rotherham and staff want to see from their local health service."

Director of Corporate Affairs and Company Secretary, Kerry Rogers

Electronic referrals: A request for GPs

Rotherham Hospital has recently implemented a new electronic referral system to revolutionise the way in which referrals are managed and processed.

The system has been specifically designed to ensure referral letters are processed quickly and conveniently. Upon arrival at the Contact Centre, all letters are scanned and logged into the system and can then be viewed and processed by consultants almost immediately, allowing faster communication between clinicians and providing quicker appointing for patients.

Speaking about the system, Craig Danks, Business and Service Manager said: "The system is providing significant benefits to the Trust and its patients. Because the referral is registered immediately, the Consultant is able to access letters almost as soon as they are in the system.

"We're able to track referrals at any given time. The system eliminates the need for the manual delivery of referral letters and therefore the time between receipt of referral and patient receiving their appointment is greatly reduced."

While Choose and Book remains the Trusts preferred referral method, we would like to take this opportunity to kindly remind GPs to send all paper referrals directly to the Contact Centre so that they can be processed immediately.

With the exception of referrals for rapid access clinics (Stroke, Gastroscopy, Chest Pain etc.) or any referrals requiring the urgent attention of a consultant and/or immediate treatment, all referrals should be sent to the Contact Centre.

Please address all paper referrals to:

The Contact Centre
The Rotherham NHS Foundation Trust
Woodside
Moorgate Road
Rotherham
S60 2UA

Alternatively, please fax to 01709 304138.

A new batch of pre-addressed envelopes will be with you shortly.

For all enquiries, please contact Craig Danks
Telephone 01709 304467
Email craig.danks@rothgen.nhs.uk

CHOOSE&Book

Referral information for GPs

June 2010			Cardiology	Dermatology	ENT	Gastroenterology	General Medicine	General Surgery	Gynaecology	Neurology	Obstetrics	Oral Surgery	Ophthalmology	Paediatrics	Rheumatology	Trauma & Orthopaedics	Urology
South Yorkshire Providers	The Rotherham NHS Foundation Trust	O/P	-	20	26	31	25	12	-	-	-	25	17	13	15	15	10
		D/C	25	12	16	13	15	14	3	-	-	14	15	20	-	30	15
		I/P	-	-	20	-	17	20	51	-	-	19	-	-	-	57	9
	Barnsley NHS Foundation Trust	O/P	40	36	32	34	26	62	19	-	16	18	-	24	-	29	21
		D/C	62	-	27	32	42	37	24	-	-	21	-	-	-	33	20
		I/P	-	-	26	-	-	37	62	-	-	-	-	-	-	50	36
	Doncaster & Bassetlaw NHS Foundation Trust	O/P	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		D/C	-	-	55	-	32	58	62	-	-	35	60	-	-	57	70
		I/P	-	-	55	-	32	57	72	-	-	-	-	-	-	70	50
	Sheffield Teaching Hospitals NHS Foundation Trust	O/P	17	25	30	34	-	-	-	-	-	-	43	23	-	27	-
		D/C	27	38	-	22	-	-	-	-	-	-	34	-	-	-	-
		I/P	84	14	-	29	-	-	-	-	-	-	59	-	-	-	-