

GP Links

Bi-monthly newsletter

September 2015

Follow us on:   

Global first for UCLH in diabetes clinical trial

A new technique for controlling blood sugar levels in patients with type 2 diabetes is being trialled at UCLH, one of the first centres in the world to test the endoscopic therapy.

Known as duodenal mucosal resurfacing (DMR), it alters the lining of the small intestine making it easier for the body to absorb and process sugar from a patient's diet.

Consultant gastroenterologist Dr Rehan Haidry and consultant endocrinologist Dr Rachel Batterham are leading the trial at UCLH.

Dr Haidry said: "We hope this trial could demonstrate a procedure to potentially treat type 2 diabetes without the need for daily medication and reduce the long term risks of diabetes – heart attacks, stroke, limb amputations."

The REVITA-1 clinical trial builds on new research which shows that hormones produced in the intestines have a strong impact on blood sugar levels and that type 2 diabetes may be a disease of the digestive tract. It aims to evaluate the safety and potential benefits.

Catheters are guided to the small intestine via a patient's mouth and stomach using standard endoscopic procedures. A heated balloon at the end of the catheter changes the cells that line the surface of the duodenum: the cells are responsible for absorbing glucose and releasing hormones into the body that affect glucose control.

The 90-minute procedure is relatively straight forward. Patients are sedated for the procedure and are likely to be closely monitored overnight in hospital before being discharged home. Some dietary modifications will be prescribed for two weeks thereafter.

Patients who may be eligible to take part in the trial must meet these criteria:

- > Elevated HbA1c (7.5% - 11%)
- > Presence of type 2 diabetes for < 10 years
- > Taking 1 oral glucose lowering medication for at least 3 months
- > Not currently taking any injectable glucose-lowering agent
- > 28 to 75 years old
- > BMI between 24 and 40

After receiving the DMR procedure, patients will be asked to visit their doctor periodically for three years to check progress.

Contact: Gideon Lipman, Clinical Research Fellow in Gastroenterology, RevitaTrial@uclh.nhs.uk, 07572 130 166.

Phone numbers reminder:

UCLH's dedicated GP switchboard number is **020 3447 9000**.

University College Hospital Referral Contact Centre:

Tel: 020 3447 9393

Fax: 020 3447 9354

uch.appointments@uclh.nhs.uk

GP web app

Call UCLH services direct from your smart phone or tablet: www.uclh.nhs.uk/mobile

Written referrals for University College Hospital

For written referrals please address your letter to:

University College Hospital (Name of consultant/specialty) Referrals Contact Centre

Ground Floor North
250 Euston Road
London NW1 2PG

Please remember to include patient contact details in ALL written referrals to the hospital.

This is vitally important under our booking system as we need to be able to contact the patient.

If you have queries about any of the articles in GP Links, contact Communications Unit
2nd Floor Central
250 Euston Road
London NW1 2PG

Tel: 020 3447 7542

gpqueries@uclh.nhs.uk

www.uclh.nhs.uk/GPs

Bowel cancer screening expansion

The UCLH Bowel Cancer Screening Centre offers FOBt bowel cancer screening to patients aged 60-74 who are registered with a GP and live in North Central London

It performs around 800 colonoscopies and diagnoses around 30 early stage cancers per year.

The screening centre works collaboratively with the London Hub, based at St. Mark's Hospital. The hub manages the invitation process which includes the processing of "FOB" tests (which assess the local population for the presence of blood in stools).

FOB-positive participants are then brought to UCLH for a nurse-led assessment and further treatment as appropriate. Around one in 10 people with a positive FOB will go on to be diagnosed with a cancer.

In 2010, the government announced its commitment for Bowel Scope Screening to be rolled out across the country by 2016. This programme is to run alongside and complement current FOBt screening. The government has committed to invest £60 million between 2011 and 2015 in order to save 3,000 lives a year.

The programme involves a one-off bowel scope, or flexible sigmoidoscopy being offered to those aged 55 to look for and remove any polyps, thus eliminating any potential cancerous growths.

Participants who have missed or declined the invitation for a bowel scope, e.g. a patient who is 57 years of age, can self-refer by calling the London Hub and/or the Screening Centre directly.

Meanwhile bowel scope is being rolled out. Local preparation has included sourcing physical space to scope closer to home and, establishing associate sites at the Whittington Hospital and Chase Farm Hospital.

Roll out plans have been developed, attaching CCGs to specific sites – so residents will be offered the procedure at a site closest to home. There has also been extensive work on recruiting and training additional endoscopy workforce.

We started our first list at the Whittington in May 2015 (which was comprised of Haringey residents from 16 GP Practices) and are hoping to complete full roll out over the next two years, attaching a new cohort of GPs each time we are ready to introduce a new list. All CCGs and GP practices will be individually contacted before invites are sent out to their patients.

More detailed information can be found here: <http://www.cancerscreening.nhs.uk/bowel/ipc-pack.html>

Contact: Avril van der Loo, Bowel Cancer Screening Programme Manager, avrilvanderloo@nhs.net, 020 3447 5521.

Camden COPD services redesign

UCLH is working on a project to evaluate and re-design COPD services throughout Camden.

Throughout this six-month project, UCLH is working in collaboration with The Royal Free, CNWL, other Primary Care stakeholders and The British Lung Foundation to review and evaluate all aspects of COPD services in the region.

The project will map existing services and pathways and analyse both existing and newly collected data covering all stages of COPD, from early detection and prevention, through to diagnosis, treatment, and end of life.

Meanwhile, a focus group for Camden COPD patients is being held at the South Camden Centre for Health 146-162 Drummond Street, London NW1 2PL on Monday 5th October between 12.30pm – 3.30pm. A flyer for your practice can be downloaded from <http://www.uclh.nhs.uk/CamdenCOPD>

Contact: Ade Adeyemi, integrated care project manager, adebusuyi.adeyemi@uclh.nhs.uk, 020 3447 5437

X-Ray service update

There will be a slight disruption to the GP plain film service we offer for approximately 8 weeks from the 25th September, due to the replacement of one of our pieces of X-ray equipment.

Some patients may have to wait longer than normal to be seen, but we will aim to see all patients in a timely manner by using other resources when available.

Contact: Andrea Bangay, superintendent radiographer, andrea.bangay@uclh.nhs.uk, 020 3447 3654 or James Batty, james.batty@uclh.nhs.uk.

Spotlight on... outpatient services at the HTD

The Hospital for Tropical Diseases (HTD) is the only NHS hospital dedicated to the prevention, diagnosis and treatment of tropical diseases and travel-related infections. The hospital serves long and short-term travellers, immigrants and refugee populations. We also see a broad range of non-tropical infections from the community and healthcare settings in our infectious diseases clinics, in a rapid and responsive manner.

Consultant outpatient appointments

We are happy to see any patient with a suspected tropical or infectious disease. Appointments are by GP referral only. Many of the hospital consultants hold the only dedicated NHS post in their field. These specialities include parasitology, Hansen's disease (leprosy), tropical dermatology and tropical ophthalmology, among others.

Referrals can be made to named consultants or will be triaged to the most appropriate consultant, via Choose and Book, or by fax to 020 3447 9354 or post to UCLH Referrals Centre, University College London Hospitals, Ground Floor North, 250 Euston Road, London NW1 2PG.

Emergency walk-in clinic

This service is for travellers who have returned from the tropics within the last six months who are acutely unwell with conditions such as fever, bloody diarrhoea or rash. These individuals can self-present to our walk-in clinic without an appointment or referral. On arrival an assessment will be carried out by one of our clinical nurse specialists to determine whether the attendance is appropriate. Our

emergency walk-in clinic is open 9am to 4pm Monday to Friday.

Post tropical screening

This is for asymptomatic travellers, who are well, but may have been exposed to a tropical condition whilst overseas e.g. possible schistosomiasis. A referral from a GP or another recognised health care professional is required for those individuals needing a post-tropical screen, either by fax to 020 3447 9354 or post to UCLH Referrals Centre, University College London Hospitals, Ground Floor North, 250 Euston Road, London NW1 2PG.

Travel Clinic

This is a commissioned service for individuals with complex medical problems planning to travel to tropical regions who require up-to-date pre-travel advice including vaccines, anti-malarials and prophylactic drugs. This service requires a GP referral by fax to 020 3447 9761 or post to Hospital for Tropical Diseases, 2nd Floor, Mortimer Market Centre, Capper Street, London WC1E 6JB. We are happy to see:

- > Travellers who are receiving treatment or being followed up by a doctor for their condition or are under specialist care for a medical problem e.g. cancer, diabetes, immunocompromised, cardiovascular and rheumatologic conditions
- > Patients who suffer from allergies
- > Pregnant women
- > Travellers over the age of 65 years
- > Children and infants

We also have a private service which anyone can use, for which we charge an initial consultation fee of £20.00. This service does not require a referral. The patient will have to pay for

all vaccines and additional equipment whether they have a complex medical condition or not. We also stock a wide range of products such as mosquito repellents and nets. Appointments are available for the travel clinic on Wednesday, Thursday and Fridays.

Rapid access infectious diseases (RAID) Clinic

The RAID clinic is for patients with suspected or confirmed acute infections. It is a service for patients who do not need admission but warrant prompt ID assessment and management. Typical patients may include individuals with unexplained fever, or with cellulitis or resistant UTI's. Some patients assessed in this clinic may be transferred to the OPAT service (see below) for treatment with intravenous antibiotics.

GP referrals to this service can be made by contacting the HTD registrar on 07908 250 924 or emailing a referral to uclh.htd@nhs.net specifying RAID in the title. We aim to see referred patients within 2 working days.

Outpatient Parenteral Antimicrobial Therapy (OPAT)

OPAT is the provision of intravenous antimicrobials used to treat infection in an outpatient or community setting as a comparable and safe alternative to inpatient care in medically stable patients.

We accept direct GP referrals, as well as patients referred from UCLH wards and outpatient clinics, A&E or our RAID clinic. These patients can either be seen daily by our OPAT team or at home by community nurses.

Contact: Daniel Lee, general manager, Infection division, daniel.lee@uclh.nhs.uk, 020 3447 5937.

Urology services at Westmoreland Street

The final phase of the urology service move completed on 21 September, with urology outpatients moving to University College Hospital at Westmoreland Street. All floors of the hospital are open and treating patients.

Moving services is a big undertaking, but the move supports our plan to create space to improve cancer services, and develop urology and thoracic services at Westmoreland street.

The following services are now

based at University College Hospital at Westmoreland Street:

- Thoracic surgery
- Andrology inpatients
- Adolescent urology inpatients
- Functional restorative and female urology inpatients
- Fluoroscopy, CT, MRI, X-ray, ultra sound (inpatient and outpatient), and VCMG
- Inpatient stone team services (patients being admitted for operations)
- Male reconstructive surgery

- Robotic surgery
- Uro-Oncology inpatients
- All urology outpatients clinics and pre-assessment

Contact: Emily Petts, Kate Farrow, General Managers, Thoracic Surgery, Urology and Outpatients, emily.petts@uclh.nhs.uk, kate.farrow@uclh.nhs.uk, 020 3456 6076, 020 3456 6011.

Sir Robert Naylor to step down as chief executive

UCLH chairman Richard Murley announced earlier this month that Sir Robert Naylor will be stepping down from his role as UCLH chief executive on 31 March 2016 to develop new career opportunities.

Sir Robert was appointed chief executive at UCLH in November 2000 and this year will complete 15 years in the role. Previously he was chief executive at Heart of England NHS Foundation Trust in Birmingham for a similar period from 1985. He joined the NHS in 1972 as a graduate trainee.

He has led or been involved in numerous national and regional initiatives over four decades and received a Knighthood in the Queen's New Year Honours in December 2008 in recognition of his services to the NHS.

Sir Robert has decided to step down at this time to develop other opportunities and commercial interests. It also gives time for the chairman to identify a successor and support the transition of a new chief executive before the end of his tenure.

UCLH has now started the search for a successor, which has been advertised, with interviews scheduled for late November.

Changes at the National Hospital for Neurology and Neurosurgery

The National Hospital for Neurology and Neurosurgery is undergoing significant building development to increase theatre capacity by two new theatres, and ward capacity by 22 new beds. This development started in July 2015 and is due to be completed March 2017.

As part of the plan to develop the hospital, some services which are currently based at the National Hospital for Neurology and Neurosurgery, are moving to 25 Cleveland Street, W1T 4AJ in January 2016.

The services moving include the UCLH pain management department which treats local patients as well as providing treatment for patient with complex and rare pain syndromes nationally.

The new facility at Cleveland Street will provide outpatient and day care facility with 12 outpatient clinic rooms and a treatment space. Please continue to make referrals as before, using the guidance detailed here: <https://www.uclh.nhs.uk/OurServices/ServiceA-Z/Neuro/PMC/Pages/refer.aspx>

The other services moving to Cleveland Street include some MS and neurology clinics. The current referral process will remain for these clinics.

Contact: Alexa Coombes, Programme Manager, painmanagement@uclh.nhs.uk, 020 3448 4776.

Dates for your diary

Preparations are in full swing for the chairman's annual Open Event which will be held on Thursday 3 December from 3 to 6pm in the atrium of University College Hospital.

We will keep you updated with more information next issue but for now, be sure to put the date in your diary.

GP education

The next in the series of evening seminars for GPs will tackle the topic of diabetes.

It will be held at the UCH Education Centre, 250 Euston Road London NW1 2PG on 11 November 2015.

Contact: Diane Whyte, Education Programmes Manager, 020 3447 7639, GPeducation@uclh.nhs.uk