

# GP Links

Quarterly newsletter

January - March 2018

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## New chair at UCLH

**Lord Prior has been appointed chair at UCLH, replacing Richard Murley who came to the end of his term in December after seven years at the helm.**

Lord Prior stepped down as Parliamentary Under Secretary of State at the Department of Business, Energy and Industrial Strategy to take up his appointment at UCLH.

During his career, he has held a number of senior roles in the health sector. He has been Chairman of Norfolk and Norwich University Hospitals NHS Foundation Trust, Chairman of the Care Quality Commission and most recently was Minister for NHS Productivity at the Department of Health.

On his appointment, Lord Prior said: "I am delighted and feel very honoured to be joining UCLH. It provides not only outstanding secondary and tertiary care but also world-class medical research and medical education.

"And the future could hardly be more fascinating: greater integration of social, primary and secondary care; gene and cell therapies enabling personalised medicine; digitisation; the impact of artificial intelligence, big data and machine learning; much earlier diagnostics and prevention of chronic disease; and electronic patient records to name just a few of the forces that will affect the way we deliver care over the next 20 years.

"These are exciting times and UCLH is uniquely positioned to help lead these changes in the NHS.

"But new technologies, new therapies and the like are only a part and will only ever be one part of the care we provide. The other part is the human part. The skills, the experience, the empathy, the kindness, the essential humanity of all those who work in hospitals and who deliver care whether directly or indirectly to frail, worried, expectant, wounded, ill, damaged, frightened, lonely or dying people.

"UCLH has great people with great values and deep purpose. I look forward to getting to know them."

### 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](mailto:uch.appointments@uclh.nhs.uk)

### GP web app

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

[UCLH.gpqueries@nhs.net](mailto:UCLH.gpqueries@nhs.net)

[www.uclh.nhs.uk/GPs](http://www.uclh.nhs.uk/GPs)

# New website for north and east London residents to help spot cancer early

UCLH Cancer Collaborative has revamped the 'small c' website – <http://www.smallc.org.uk> – to help residents of north and east London learn more about the signs and symptoms of the most common cancers and turn the Big C into a 'small c'.

The new look website contains information on:

- > Signs, symptoms, national cancer screening programmes and frequently asked questions about the top five most common cancers – bowel, breast, cervical, lung and prostate
- > How to get involved in local cancer campaigns in north and east London, from cancer awareness training to tours of inflatable body parts
- > A map of services in north and east London to help people stay healthy, from stopping smoking to support for people living with cancer.

Spotting cancer early saves lives and the 'small c' website will help residents to understand when and how to seek help if they are worried, as well as information about getting involved in local events and cancer campaigns to help people stay healthy and aware.

GPs are encouraged to share the website with their local networks and patients.

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## Helping patients continue their recovery at home

**Since 2014 the UCLH@Home service has been enabling patients who are clinically stable to complete the remainder of their acute care pathway at home while remaining under the care of their hospital consultant.**

This allows patients to recover more fully at home, before they are transferred to the care of their GP and / or community services.

Last summer, a procurement exercise took place and Whittington Health was appointed as our new partner to deliver the service. The service has been available for patients

living in Camden, Islington, Haringey, Enfield, Barnet and Westminster since January.

As part of our Integrated Discharge Service, UCLH@Home helps to ensure that patients are supported to leave hospital as soon as they no longer need an acute hospital bed. Being at home means patients recover in their own surroundings and reduces chances of hospital acquired infections and deconditioning due to immobility on a hospital ward. It also means that acute hospital beds are available for new patients who need care and treatment at UCLH.

Charles House, medical director for medicine board, said: "I am delighted that the new UCLH@Home service is now available for patients. It is great to be working with Whittington Health as an experienced local care provider. This important service means that patients can get home as soon as possible and get better in their own surroundings."

**Contact: Debra Glastonbury, 020 33447 5455 or 07946 535724, or Mel Watts, 020 3447 5961 or 07940 738136.**

## Spotlight on the facial function clinic

**The Royal National Throat Nose and Ear Hospital runs a monthly multidisciplinary facial function clinic.**

All causes and severities of facial palsy are reviewed, from poorly resolving Bell's palsy to a severe loss requiring surgical intervention. The expertise is available to investigate all causes of facial nerve dysfunction, arising from the brainstem to its end branches. There is a multidisciplinary approach with a quick and accessible referral service.

Two ENT consultants run the clinic and each patient will be seen by both of them. Professor Shakeel Saeed is an otology/skull base surgeon and Mr Peter Andrews is a rhinology/facial plastic reconstructive surgeon. The clinic is supported by specialist physiotherapists to help a patient through rehabilitation after facial reanimation surgery. An additional facial function clinic is run by Mr Sherif Khalil and Mr Prem Randhawa.

The clinic works closely with other surgical disciplines and therapists so that all treatments are tailored to the patient's needs and wishes. Comprehensive information about the patient's condition and other personal details are recorded

and entered into a database. Outcomes are evaluated by clinical examination, patient-based quality of life questionnaires, as well as objective outcomes.

Patients are treated and managed in accordance with their needs and wishes. There may be staged surgical procedures, physiotherapy and botulinum toxin injection when appropriate.

Surgical procedures include eradication of the cause, including aetiological treatment of the facial nerve itself (decompression, end to end anastomosis, interposition nerve graft or anastomosis to another motor nerve depending on the initial lesion), and functional reanimation procedures. These can be static or dynamic and may involve the mid/low part of the face and/or the upper part of the face depending on the patient's wishes.

To refer to this clinic please write directly to Professor S R Saeed, Facial Function Clinic, Royal National Throat, Nose and Ear Hospital, 330 Grays Inn Road, London WC1X 8DA.

**Contact: Patricia Ismain, Secretary to Professor Saeed. [p.ismain@nhs.net](mailto:p.ismain@nhs.net), 020 3456 5319.**

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## New booklet empowers girls and young women to understand normal vulva appearance

**A UCLH clinical nurse specialist has co-led a project to develop a booklet to educate young people on normal vulva appearance.**

'So what is a vulva anyway?' was launched earlier this month at the Annual Update in Paediatric and Adolescent Gynaecology, a joint event by the Royal College of Obstetricians and Gynaecologists (RCOG) and the British Society for Paediatric and Adolescent Gynaecology (BritSPAG).

The resource, which uses illustrations to describe normal variation in appearance, is a response to an increasing number of girls and women with cosmetic genital concerns requesting surgery despite having normal anatomy.

Louise Williams, clinical nurse specialist at UCLH and co-lead of the project, said:

"We see many patients in our paediatric and adolescent

gynaecology clinic who have a poor understanding of the function of parts of the anatomy and also of normal genital variation. This educational resource will help young people to understand their vulva and how it develops during puberty, particularly if they are worried about how they look or feel. We hope it will reassure young people that vulvas come in a variety of shapes and sizes, and if they need advice and support, they can know where to go."

According to NHS figures, in 2015-16 more than 200 girls under 18 had labiaplasty (through the NHS) and more than 150 of the girls were under 15. Experts say these operations do not have a medical justification.

The booklet is available for GPs and practice nurses, patients and their families from [https://www.brook.org.uk/data/So\\_what\\_is\\_a\\_vulva\\_anyway\\_final\\_booklet.pdf](https://www.brook.org.uk/data/So_what_is_a_vulva_anyway_final_booklet.pdf)

# GP events at UCLH

**UCLH runs a programme of GP education seminars designed to keep primary care teams updated with all our services and specialties.**

The seminars are also a good opportunity for dialogue between our dedicated consultants, specialist nurses and primary care teams.

Seminars are free to attend, are open to all GPs and count as 1.5 hours towards CPD points. A certificate will be given to each GP or health professional attending at the end of the seminar. They are held at the UCH Education Centre, First Floor West, 250 Euston Road, London NW1 2PG, between 6pm and 9pm.

## **Upcoming seminars in 2018:**

- > Tuesday 15th May – Trauma & Orthopaedics
- > Wednesday 27th June – Women's Health
- > Thursday 18th October – Frailty/Geriatrics

Meanwhile, the UCLH Reproductive Medicine Unit is organising a GP study day on the 15th June 2018. All GPs in

North Central London are invited to a special event designed to provide a comprehensive update on fertility and reproductive medicine.

The study day will be divided into two parts. The morning is dedicated to investigating and referring infertile couples, treatment pathways for NHS funded treatments, treatment options for same-sex and single patients, social egg freezing and reproductive ageing. The afternoon session will focus on reproductive health with talks on menopause, HRT, fibroids and PCOS.

Combining presentations and interactive sessions, this CPD accredited study day will equip you with up to date information to help your patients through their life stages, gynaecology and fertility issues.

To attend the fertility study day, please register at [www.uclh.nhs.uk/GPseminars](http://www.uclh.nhs.uk/GPseminars)

**If you would like to suggest topics for future seminars please email [GPeducation@uclh.nhs.uk](mailto:GPeducation@uclh.nhs.uk) For an up to date list of GP events at UCLH please go to [www.uclh.nhs.uk/GPseminars](http://www.uclh.nhs.uk/GPseminars)**