

# GP Links

## Bi-monthly newsletter

August 2014

Follow us on:   

### Expanded Travel Clinic Service

The travel clinic at the Hospital for Tropical Diseases provides the only NHS consultant-led service for travellers with complex clinical conditions in the UK.

We provide unique expertise to advise travellers with pre-existing medical problems such as cancer, cardiovascular, diabetic or rheumatologic conditions. These patients may be immunocompromised, have allergies or have had previous adverse reactions to drugs, vaccines or both.

We also provide advice to high-risk travellers including infants and children, elderly travellers (over 65), expatriates (people living abroad for six months or more) and pregnant women.

In addition, the clinic can provide travellers with up-to-the-minute information, updated daily, concerning emerging risks, health threats and infectious diseases outbreaks.

The clinic consultation provides an in-depth risk assessment and through shared decision making provides relevant anti-malarial medication, drugs and vaccines. Our service includes recommending a wide range of carefully selected and effective products available onsite including insect repellents,

mosquito nets and first aid kits.

When the individual is referred by the GP, a fee is charged to the Local Health Authority, but subsequent visits relating to the same journey are not charged for. Written referrals should be addressed to the Travel Clinic, UCH Referrals Contact Centre, Ground Floor North, 250 Euston Road London NW1 2PG.

The travel clinic also offers a commercial service for the general population without complex needs with a fee of £20 paid by the traveller for their initial appointment. If the public wish to access this service, they can call the number below to book an appointment.

Consultant Physician: Dr Ron Behrens  
 Opening Hours: Wednesday 1pm-5pm, Thursday 9am-5pm and Fridays 9am-1pm  
 Telephone Contact Number: 020 3447 5999  
 Clinic Location: Mortimer Market, Capper Street off Tottenham Court Road, London WC1E 6JB.

**Contact: Daniel Lee, assistant general manager, Infection Division [daniel.lee@uclh.nhs.uk](mailto:daniel.lee@uclh.nhs.uk), 020 3447 5937.**

### 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 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 9083

Fax: 020 3447 9401

[gpqueries@uclh.nhs.uk](mailto:gpqueries@uclh.nhs.uk)

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

## Upper Limb Neurorehabilitation Service

The National Hospital for Neurology and Neurosurgery (NHNN) runs an Upper Limb Neurorehabilitation Service which offers advice on the management of patients with neurological upper limb deficits secondary to central nervous system disease.

The team is particularly interested in seeing stroke survivors who might benefit from more intense treatment of upper limb deficits, especially early after stroke.

Services available include:

- > A detailed upper limb-focused assessment and report
- > A thorough discussion of goals, prognosis and advice on symptom management
- > Where appropriate, we will suggest further intensive in-patient treatment (involving at least four hours therapy per day) as part of a three-week programme at the NHNN.
- > Referrals to other NHNN services (e.g. spasticity assessment clinic, upper limb Functional Electrical Stimulation clinic, specialist vocational rehabilitation clinic, orthotics clinic).

We will liaise closely with local outpatient and community services and in all cases we will advise on how to achieve long term self-management where able. The service is available to all patients over 16 years of age with a confirmed stroke or other central nervous system diagnosis.

Referrals are accepted from GPs, stroke units, neurologists and community rehabilitation teams.

Referrals should be sent to: Dr Nick Ward, Reader in Clinical Neurology and Honorary Consultant Neurologist, The National Hospital for Neurology and Neurosurgery, Box 146, Queen Square, London WC1N 3BG.

**Contact: Nick Ward, consultant neurologist, n.ward@ucl.ac.uk, 020 3448 8762.**

## New head and neck centre

**UCLH has unveiled building plans for a centre for ear, nose, throat and oral diseases, and welcomes feedback from GPs.**

The facility would be part of the University College Hospital campus and would provide a world-leading centre for the diagnosis and treatment of ear, nose, dental, throat and oral diseases for adults and children.

The proposed building will be on Huntley Street, WC1E, at the site of the former Students' Union building and the Royal Ear Hospital.

Currently, UCLH treats ear, nose, dental, throat and oral diseases, across a number of sites including the Royal National Throat, Nose and Ear Hospital and the Eastman Dental Hospital. The new centre will transform the way that UCLH treats these conditions by providing multidisciplinary care, under one roof and in a modern environment.

UCLH is currently developing the plans and, subject to planning approval, hopes to start building work during 2015.

**Contact: Jo Moss, deputy director for strategic development, phase5@uclh.nhs.uk**

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## Go ahead announced to revolutionise cancer and heart disease care

**Improved cancer and cardiac care for millions of people across north and east London and west Essex has moved a step closer as part of an innovative new system given the go-ahead last month.**

**The plans will see UCLH become a centre for the specialist treatment of five rarer types of cancer, and specialist cardiac services move from The Heart Hospital to Barts Health NHS Trust.**

Covering a population of three million people across the north and east London and west Essex area, the new system could save up to 1,200 lives a year by ensuring patients get world-class care at every stage of their treatment, from prevention and diagnosis to treatment and after care. In addition, the reorganisation will deliver cost savings of more than £94m.

Evidence shows that dedicated specialist centres staffed by expert teams and equipped with cutting-edge technology and leading research capability saves lives.

Under the plans agreed by CCGs for the area, UCLH will work within a system of hospitals including The Royal London, St Bartholomew's, The Royal Free and Queen's in Romford and become a centre for the specialist

treatment of five types of cancer – brain, prostate and bladder, head and neck, oesophago-gastric and blood cancers. The vast majority of other cancer services, including radiotherapy and chemotherapy for these and other cancers, will still be available in local hospitals, as they are at present.

St Bartholomew's Hospital will become the centre for specialist treatment of heart disease, including one of the largest cardiac surgery centres in England. Bringing together cardiac services onto one site will make it the world's biggest unit for adults with congenital heart disease, and it will perform more heart MRI and CT scans than any other centre in the world.

Following the decision, UCLH's focus is now firmly on implementation plans for the moves which will start next year; Bart's Heart Centre is planned to open in early 2015. Engagement on the plans has been carried out by NHS England since early 2014.

## Restricted imaging service

The imaging department at University College Hospital will be offering a limited service on Friday 15 August: please only refer those patients considered most in need of urgent imaging. This is due to a planned IT system upgrade. We apologise for the disruption to service.

As an alternative, we will be running additional walk-in services from Monday 11 August to Thursday 14 August between 5pm and 7pm for all GP patients.

**Contact: Andrea Bangay, OP Superintendent Radiographer, or James Batty, Deputy OP Superintendent Radiographer, 020 3447 3654.**

## Spotlight on... prostate diagnostics and treatment

UCLH is pioneering the use of multi-parametric MRI to achieve more accurate results in the diagnosis of prostate cancer.

Having a prostate MRI scan before biopsy allows urologists to see where the significant cancer is likely to be. With this information, clinicians can then target their biopsies to the suspicious area to get a much better representation of what pathology is present. Much of this clinical innovation work is being carried out within clinical trials or as part of the routine normal clinical practice at UCH.

This concept is not new, having been used to biopsy the kidney and liver previously, but is a step forward in revolutionising prostate cancer care. The approach sees clinicians going via the perineum, which allows the urologist to sample the whole gland and to track much more easily where the biopsies are going.

Urology consultant Hashim Ahmed and his colleagues are now offering targeted transperineal prostate biopsies. This means six biopsies under local anaesthetic, targeted to areas of suspicion on the MRI. The process needs no general anaesthetic and no long delays in recovery but a day case procedure is performed in a non-theatre non-clinic clean environment, with low risk of infection (1 in 500 sepsis risk), low rate of other side effects (such as retention of urine and bleeding), and a higher diagnostic yield.

Complementing this technique, engineers at UCL have developed a brand-new MRI to ultrasound fusion device, SmartTarget. This is able to map patients' personal MRI onto the real-time ultrasound to guide the targeted biopsy and try to make this even more accurate.

Having already been used in more than 200 cases SmartTarget is now opening for a new clinical trial that will be recruiting in late summer 2014 and funded by the Wellcome Trust and the Department of Health Healthcare Innovation Challenge Fund.

**Contact: Ian Donaldson, clinical research fellow, [ian.donaldson@uclh.nhs.uk](mailto:ian.donaldson@uclh.nhs.uk), 020 3447 9194.**

Meanwhile, the department is also using cryotherapy to treat prostate cancer. The technique uses alternate freezing (with intra-prostatic temperatures reaching -75 degrees C and below) and thawing cycles to destroy tumour cells.

Cryotherapy is a day case procedure that can be performed under a general or a regional spinal anaesthetic. Generally a focal approach is used with a view to minimising side effects but obtaining good cancer control.

The procedure is an option for primary prostate cancer as an alternative to radical surgery, external beam radiotherapy or brachytherapy with long-term urinary incontinence rates of approximately 1% and erectile dysfunction rates of 5-10%.

Focal cryotherapy may be repeated if there is cancer recurrence or the patient may choose to go on to have radical surgery or radiotherapy.

Additionally, the procedure is a potentially curative option for those patients who have localised tumours that have recurred following initial prostate external beam radiotherapy / brachytherapy.

All data, including patient demographics, complications and outcomes, is entered onto a dedicated UCLH database in addition to a European database (EuCaP). Validated baseline pre-operative and comparative post-operative questionnaires (3 months, 6 months and 12 months after treatment) assessing urinary function, sexual function, quality of life are given to all patients.

Treatment efficacy is explained via a combination of post-operative serum PSAs and multi-parametric MRIs.

To date over 60 patients have been treated in a relatively short period (with annual numbers likely to increase) making UCLH the largest volume centre for prostate cancer cryotherapy in Europe.

Focal cryotherapy treatment will be evaluated in an NCRI approved trial called FORECAST for radio-recurrent prostate cancer which is a single centre fully funded study at UCLH. This trial has opened to recruitment.

**Contact: Mr Manit Arya, consultant urologist and cryotherapy programme lead, [manit.arya@uclh.nhs.uk](mailto:manit.arya@uclh.nhs.uk), 020 3447 9194**

## New clinics for patients requiring health & wellbeing service

A new Health and Wellbeing Therapy service at UCLH will offer private patients the opportunity to access treatment in therapies and dietetics.

Clinics in this area currently see only patients referred by consultants. But GPs can now refer private patients straight into the service if they feel they could benefit from specialised therapies and nutrition advice. Patients can also self-refer.

Dietetics will run clinics in weight management; healthy heart including hyperlipidaemia; healthy weight in pregnancy; coeliac disease; nutritional support; irritable bowel syndrome and adult allergies (diagnosed).

The therapies services will run sessions in hydrotherapy, hand therapy

and women's health.

The team will also provide multidisciplinary antenatal group sessions on exercise and healthy eating (four-week course) and patients will be able to get an appointment within 48 hours.

As with all private patient efforts at UCLH, the earnings will be channelled back into the NHS to improve patient services further and will not compromise NHS services.

To refer to this service, email [ahp.private@uclh.nhs.uk](mailto:ahp.private@uclh.nhs.uk) or call 020 3447 9123.

**Contact: Lisa Hancock, head of nutrition and dietetics, [ahp.private@uclh.nhs.uk](mailto:ahp.private@uclh.nhs.uk), 020 3447 9123.**

## Supported self-management for cancer survivors

A new project aimed at giving cancer survivors more flexible follow-up services is being rolled out by UCLH in conjunction with Macmillan Cancer Support.

The initiative is aimed at giving patients more support to help take back control of their lives through attending end-of-treatment clinics and health and wellbeing events, rather than returning to cancer clinics on a six-monthly or annual basis following treatment.

The move addresses national aspirations to support cancer survivors in leading healthy and fulfilling lives through a more personalised approach to care, and will also improve capability to see those who are newly-diagnosed and those with complex needs more quickly.

In addition to the new end-of-treatment clinics and wellbeing events, patients will be given contact details so that they can re-access the system quickly without needing GP involvement should they have any concerns. GPs will be informed through an end-of-treatment summary letter of their patient's registration on a supported self-management pathway, and who to contact if they have any questions.

The first three patient groups to be involved are those with lymphoma, breast and prostate cancer.

**Contact: Katie Sutton, Macmillan Project Lead – Cancer Follow-up Redesign, [katie.sutton@uclh.nhs.uk](mailto:katie.sutton@uclh.nhs.uk) 020 3447 8827.**

## Children and young people: acute services provided by UCLH

### Telephone advice for health professionals

If you require advice on how to manage the care of a paediatric or adolescent patient you can contact the attending general paediatrician on the consultant hotline (24/7): 07803 853 567. We welcome direct contact from GPs in order to help signpost our patients to the most appropriate service and initiate relevant investigations and management as needed. Note this telephone is held by the on call SpR from 9pm.

### Acutely ill child who needs immediate attention

Please contact the on call paediatric SpR on 020 3447 9000 and bleep 5301 before sending to the Emergency Department, ideally with a referral letter to accompany the patient or this can be faxed to the Emergency Department directly on 020 3447 0084. The child will then be seen by the acute paediatric team directly on arrival.

### Urgent outpatient referrals to be seen within two working days: Rapid referral clinic

If a child or adolescent requires an urgent outpatient appointment with a General Paediatrician at UCLH, GPs, community midwives, health visitors or social services can refer a patient to our rapid referral clinic. This is a pre-booked service. Please fax a referral to 020 3447 9381. For any administrative queries please contact the duty manager on 07943 962 602.

### Prolonged Jaundice

For a baby with prolonged jaundice (14+ days):

- > if the child is well, they should be referred to the ANNP clinic on the neonatal unit by contacting 07903 358 839
- > if the child is unwell, they can be referred to the rapid referral clinic or the Emergency Department

**Contact: Daniel Wood, divisional manager (Paediatrics & Adolescents), 020 3447 8873, [daniel.wood@uclh.nhs.uk](mailto:daniel.wood@uclh.nhs.uk)**