Working together to manage winter pressures

At Derby Hospitals NHS Foundation Trust, our preparations for managing the increase in demand for hospital services during the winter months are underway. Working together as a whole health community can help to avoid unnecessary admissions to hospital.

Our new chief operating officer, Helen Scott-South, has embarked on a reconfiguration of inpatient beds to help us manage the demand from medical emergencies.

We're encouraging our staff to become 'Flu Fighters' and aim to increase last year's staff vaccination rate. The occupational health team is providing a range of drop in sessions on wards as well as clinics at the Royal Derby

Hospital and London Road Community Hospital to protect our staff and to help prevent flu spreading in the community.

If you would like us to promote your flu clinics to our staff who may have relatives registered with your practice, please email the details to: communications@ derbyhospitals.nhs.uk.

Despite our plans, we are expecting another challenging winter. We would like your

help to avoid unnecessary admissions to hospital. Here is a reminder of the services in Derby City and Derbyshire County that are available to help manage your patients in the community whatever the time of year.

Colleagues in South Staffordshire will also be getting ready for winter. Please contact them to find out more.



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Southern Derbyshire tuberculosis team

Education

GP & primary care journal team meeting dates

If you have any suggestions or would like to talk to us about anything featured in this publication we would like to hear from you. Please contact Jim Roberts, tel: 01332 785851 or email: jim.roberts@derbyhospitals.nhs.uk

Derby City

Intermediate care Open seven days a week, 8am - 10pm.

To refer, tel: 01332 888100.

Walk-in centre

Osmaston Road, Derby. Open seven days a week, 8am - 7.30pm. Tel: 01332 224700.

Open access centre

Lister House, 207 St Thomas Rd Open seven days a week, 8am - 8pm.

Tel: 01332 275610.

District nursing service

Support for end of life/palliative care patients.

Tel: 01332 366717.

Adult social care

Referrals can be made to adult social care.

Tel: 01332 717777.

Out of hours: 01332 711250.

City & County

Clinical navigation service (Via emergency bed bureau) For any patients that GPs would like advice on.

Mon - Fri, 9am - 5pm. Tel: 01332 789099.

Integrated respiratory service

To refer patients for COPD assessment tel: 07769 164099.

Community heart failure

Mon - Fri, 8.30am - 4.30pm Tel: 01332 258131, or fax: 01332 254969.

Out of hours equipment

Tel: 020 8573 2871. (For working hours arrangements please see page 3).

Derbyshire County Minor injuries units

Ripley Community Hospital

Sandham Lane, Ripley, Derbyshire, DE5 3HE. Tel: 01773 743456.

Ilkeston Community Hospital

Heanor Road, Ilkeston, Derbyshire DE7 8LN. Tel: 0115 9305522.

Whitworth Hospital

330 Bakewell Road, Darley Dale, Matlock DE4 2JD. Tel: 01629 580211.

Children & adult social care 01629 533 190.

Intermediate care

See page 3.

District nursing service See page 3.

For more information about some of these services see page 3.

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Consultants can be contacted by dialing 01332 followed by the relevant number below. For extensions with only four digits please dial 01332 265500, entering the extension number when prompted.

BREAST SURGERY	
Miss C A Courtney	785537
CARDIOLOGY	
Dr T Azeem	787447
Dr J Baron	786655
Dr S Burn	786655
Dr K Chitkara	787444
Dr A McCance	787447
Dr M Millar-Craig	787446
Dr A Tukan	787446
COSMETIC SURGERY	767440
Miss C M O'Brien	705254
	785254
Mr P G Russell	785253
DERMATOLOGY (LRCH-265500)	
Dr A D Ferguson	EXT 2629
Dr H Shahidullah	EXT 2835
Dr K W Shum	EXT 2070
Dr R Nambi	EXT 2835
Dr A Mehta	EXT 2629
Dr R Davis	EXT 2629
Dr T Bleiker	EXT 2070
ENDOCRINOLOGY	
Dr G D Tan	787696
Dr P M Amin	783284
Dr P King	783284
Dr A Klotsas	787696
Dr R Rea	783286
ENT	
Mr D Parker	786056
Mr J Sharp	787047
Mr M De	787539
MR M N Johnston	787805
Mr S Mortimore	783034
GASTROENTEROLOGY	
Dr A F Goddard	786904
Dr A T Cole	785639
Dr B Norton	786904
Dr J Bebb	786495
Dr A S Austin	700493
	700000
	786903
Dr A Lawson	786981
Dr A Lawson Dr W Goddard	786981 786495
Dr A Lawson Dr W Goddard Dr S Hearing	786981 786495 786639
Dr A Lawson Dr W Goddard Dr S Hearing Dr J Williams	786981 786495
Dr A Lawson Dr W Goddard Dr S Hearing Dr J Williams GENERAL SURGERY	786981 786495 786639 785639
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Dr A Lawson Dr W Goddard Dr S Hearing Dr J Williams GENERAL SURGERY Miss G M Tierney Mr A M ELTahir Mr D M Sibbering Mr A Goyal Mr J Ahmed Mr J N Reynolds Mr J W Quarmby Mr M K Lingam Mr N G Hurst Mr P C Leeder Mr R I Hall Mr SY Itifikar Mr T E Rowlands Mr W J Speake	786981 786495 786639 785639 785590 786046 785537 785538 785964 786469 786042 787035 788762 789430 785554 789429 785111 788758
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when prompted.	
GYNAECOLOGY	
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Mr H M Jenkins	785698
Mr J R Allsop	785694
Mr M P Cust	785689
Mr O Tamizian	785688
Mr S Abdul	785697
Mr S A Amer	786773
Mr V N Chilaka	785695
Miss E Kieran	785693
Prof R W Shaw	786773
Mr J Dasgupta	788184
Miss S Tahseen	785688
Mr D Hay	786773
HAND SURGERY	
Miss C M O'Brien	785254
Miss J Arrowsmith	783390
Mr L C Bainbridge	785252
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Mr C Heras-Palou	783388
Mr T R Cresswell	785254
Miss T C Horton	783387
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HAEMATOLOGY	
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Dr J Addada	787973
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PAEDIATRIC OPHTHALMOLOGY	
Mr R Holden	786886
PAEDIATRIC ORTHOPAEDIC	
Mr P Howard	786384
Mr R A Rajan	786834
Mr M M Utukuri	787569
PAEDIATRIC SURGERY	
Mr B W Davies	786631
Mr S S Motiwale	786831
Mr J W Quarmby	786831
Mr J R Reynolds PAIN MANAGEMENT	786831
Dr A Searle	786086
Dr P W Buczkowski	787084
Dr R J Faleiro	788315
Dr J P Williams	787053
Mr I Selvaraj	788315
PALLIATIVE MEDICINE	
Dr V Keeley	783075
Dr M Pavis	788794
Dr J Hocknell	788795
Dr J Frisby	788795
Dr M Swanwick	788794
PLASTIC SURGERY	
Mr Daly	787048
Mr Haseeb	787048
PRIVATE PATIENTS SERVICE	785200
REHABILITATION MEDICINE	705500
Dr M Phillips	785599
Dr N Brain Prof C D Ward	786758 785599
Dr X Lin	786758
Dr J Gibson	786758
RENAL MEDICINE	700730
Dr R J Fluck	789344
Dr N Kolhe	788266
Dr C Leung	788266
Dr N M Selby	786103
Dr M W Taal	789344
Dr C McIntyre	789344
Dr L Chesterton	786103
RESPIRATORY MEDICINE	
Dr I Wahedna	785712
Dr W Elston	787129
Dr G Mabeza	787129
Dr R Aldridge	786902
Dr G Lowry	786902
Dr C Whale	786902
Dr R J Berg	785712
RHEUMATOLOGY	
Dr N Raj	788383
Dr N Raj Dr G D Summers	788381
Dr N Raj Dr G D Summers Dr T Ding	788381 788382
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan	788381 788382 788380
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan Dr S O'Reilly	788381 788382 788380 788380
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan Dr S O'Reilly Dr L Badcock	788381 788382 788380
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan Dr S O'Reilly Dr L Badcock UROLOGY	788381 788382 788380 788380 788382
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan Dr S O'Reilly Dr L Badcock UROLOGY Mr A M Peracha	788381 788382 788380 788380 788382 789178
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan Dr S O'Reilly Dr L Badcock UROLOGY Mr A M Peracha Mr H L Ratan	788381 788382 788380 788380 788382 789178 789175
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan Dr S O'Reilly Dr L Badcock UROLOGY Mr A M Peracha Mr H L Ratan Mr J H Williams	788381 788382 788380 788380 788382 789178 789178
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan Dr S O'Reilly Dr L Badcock UROLOGY Mr A M Peracha Mr H L Ratan	788381 788382 788380 788380 788382 789178 789175
Dr N Raj Dr G D Summers Dr T Ding Dr M Regan Dr S O'Reilly Dr L Badcock UROLOGY Mr A M Peracha Mr H L Ratan Mr J H Williams Mr M J Henley	788381 788382 788380 788380 788382 789178 789178 789178 788078

The details above are correct as of September 2011.

Working together to manage winter pressures

Derby City

Derby City intermediate care

This service aims to prevent unnecessary hospital admissions and provide effective rehabilitation services to enable early discharge from hospital and to prevent premature or unnecessary admission to a care home. It can be provided in a patient's or their relative's home or patients can be transferred to a dedicated intermediate care bed within a residential home if they are unable to stay at home.

Patients are offered an assessment if they are:

Over the age of 18 and a resident of Derby City and/or registered with a NHS Derby City GP.

Requiring short term nursing and therapy input to maximise their independence and prevent an unnecessary hospital or care home admission.

Care plans could include:

- Treatment and advice on pain control
- Exercises to improve balance or muscle strength or joint movement
- Support with medication management
- Support to improve independence eq:meal preparation, washing, dressing and getting out and about
- Building confidence in own abilities
- Nursing support and care during acute illness eg: respiratory infections, urine infections
- Falls risk assessments and referral for assistive technology installation

Open seven days a week, 8am - 10pm. Referrals can be made on 01332 888100.

Derby City walk-in centre

The Osmaston Road walk-in centre provides nurse assessments, healthcare advice, information and treatment for people with minor injuries and ailments.

Open seven days a week, 8am - 7.30pm. Tel: 01332 224700.

Derby City open access centre

Based at Lister House, 207 St Thomas Road, the open access centre offers walk-in appointments for all NHS Derby City and NHS Derbyshire County patients and bookable GP appointments for Derby city residents.

Open seven days a week, 8am - 8pm. Tel: 01332 275610.

Derby City district nursing

The district nursing service can be contacted to support end of life/ palliative care patients. Early referrals are encouraged to enable advanced care planning and prevent emergency hospital admissions where possible. Open seven days a week, closed for two hours daily between 6.30am - 8.30am. Tel: 01332 366717.

Adult social care

Information, advice and referrals for those who meet the criteria under 'Fair Access to Care Services' of critical and substantial.

Open Mon - Thurs, 9am - 5pm (5.30pm on Friday). Tel: 01332 717777.

At all other times call Careline, tel: 01332 786968.

City & County

Clinical navigation service

The clinical navigation service supports clinicians in accessing appropriate care for your patients. Your call will be answered by bed bureau staff who will offer you the following three options: advice, assessments & admissions.

- The admissions service is available 24/7
- Advice from doctors is available Mon Fri, 9am 5pm
- Advice from the service navigation team available seven days a week, 8am -10pm

Tel: 01332 789099.

District nursing

Seven days a week, 8.30am - 5pm, tel: 01332 366717. All other times call Derbyshire Healthcare United, tel: 0844 7420501.

Derby City and Derbyshire County integrated respiratory service

The adult respiratory team (ART) provides diagnosis, complex case management, home oxygen services and respiratory physiotherapy.

Consultant led respiratory clinics are provided at Royal Derby Hospital, Ilkeston Hospital and Long Eaton Health Centre.

Nurse led COPD clinics are provided across the region including:

- Royal Derby Hospital
- Coleman Health Centre, Alvaston
- Village Community Medical Centre, Normanton
- Revive Centre, Chaddesden
- Peartree Clinic, Normanton
- London Road Community Hospital
- Swadlincote Health Centre
- Ripley Community Hospital
- Heanor Clinic, Wilmot
- Long Eaton Health Centre
- Ilkeston Community Hospital

To refer or discuss a patient contact the Coleman Health Centre, Mon - Fri, 8.30am - 4.30pm. Tel: 01332 861189, option 1.

The Royal Derby Hospital (RDH)provide a COPD early supported discharge service to help facilitate emergency patient discharge. Mon - Fri, 8am - 8pm. Sat, Sun & bank holidays 9am -1pm.

For the RDH respiratory nurses office tel: 01332 785058.

Equipment

If you think that providing some equipment will enable a patient to remain at home, please contact your relevant district nursing service, occupational therapist, physiotherapist or intermediate care service. They will conduct an assessment and order the equipment

Other intermediate care numbers

Derbyshire County

New referrals, tel: 01629 533 190 Out of hours, tel: 01629 532 600

Existing patients

Amber Valley, tel: 01629 531516

Erewash, tel: 01629 531766

Dales & South Derbyshire (Swadlincote),

tel: 01283 702932

Nottingham City

Tel: 0300 300 7995 Fax: 0115 883 8371

Leicestershire

Loughborough & Ashby tel: 07785 592815



Arrival of academic breast surgery unit to Derby

The University of Nottingham Division of Breast Surgery has moved to the Royal Derby Hospital, complimenting the existing service.

A number of mutual goals have been agreed between both partners which reflect the wide range of benefits from the new partnership:

Working together for the benefit of patients

The Academic Department will work in partnership with consultants in Derby to deliver a breast cancer service to the community we serve.

Developing the Trust's research capabilities

The Academic Division will contribute substantially to the Trust's clinical trials work in breast cancer and offer extensive expertise around the successful implementation of commercial research concepts.

Extending the Trust's teaching capabilities

The Division will contribute to undergraduate and post graduate medical teaching, with national and international breast cancer experts coming to Derby.

We look forward to enjoying a long and mutually fruitful relationship with Professor John Robertson, Professor of Surgery at the University of Nottingham, and his team.

Enhanced recovery programme pilot delivering best care and best value

In May 2011 we started a pilot enhanced recovery programme for total hip replacement (THR) and total knee replacement (TKR).

Our aim is to deliver a smoother, less traumatic recovery, allowing earlier mobilisation, independence and discharge for patients.

In our first forty consecutive THR and TKR patients we have reduced our mean length of stay from greater than six days to three days with half of our patients staying only one or two nights. There has been no increase in complication rates or readmission rates and initial feedback shows overall high patient satisfaction with the process.

Patients are given a phone number they can ring for advice following discharge. All hip replacements receive a telephone call to assess their progress within the first two days following discharge and an outreach team visits all knee replacements at home in the first week following discharge.

Clearly frail patients with multiple co-morbidities will require a longer stay but to date we feel that these patients have in fact benefited most from the program. These frail patients seem to suffer most from prolonged bedrest, opiates and prolonged IV fluids.

The successful pilot is continuing, with the programme being fine tuned. The eventual aim is to roll this programme out to all THR and TKR patients.

We are gathering as much feedback as possible from these patients to refine the program. We would also value feedback from GPs and nurse practitioner colleagues.

To provide feedback please email: james.hutchinson@ derbyhospitals.nhs.uk or paul.marvel@derbyhospitals.nhs.uk

Emergency bed bureau number

& clinical navigation service

01332 789099

The emergency bed bureau telephone number changed a couple of years ago and the old emergency bed bureau number was diverted to the new number. However with effect from 26 September the divert facility no longer works.

Please note the new number above.

Service moves at London Road Community Hospital

In September physiotherapy outpatients and group rehabilitation (previously gym and heavy workshop) relocated to level 3 within the main building of London Road Community Hospital.

The departments now work even more collaboratively to improve the pathway for the patients and the referrers, ensuring a cost effective service is delivered.

The new departments have been refurbished, are light, airy and well equipped. Patients who have visited the department already have been delighted.

Staff continue to run a first class service for the people of Derby. Telephone and fax numbers remain unchanged, tel: 01332 254631 for physiotherapy and tel: 01332 258147 for group rehabilitation.

Patients should be directed to the main entrance (junction 1) of London Road Community Hospital; car parking is available at the front of the hospital.

Waiting time from receipt of referral is no more that three weeks for all referrals.

Written referrals should now be sent to Physiotherapy or group rehabilitation, level 3, London Road Community Hospital, London Road, Derby.

Referrals can be sent by letter or fax: 01332 254624.



Reshaping rheumatology services to ensure best value

Throughout 2011, GPs and commissioners within NHS Southern Derbyshire Clinical Commissioning Group (CCG) have been meeting with consultants and hospital specialists at the Trust to discuss new ways of working.

These specialty-specific meetings provide useful forums for clinicians to discuss and jointly agree how we, as a local health community, can work differently to reduce system costs without compromising quality.



Within rheumatology, the clinicians agreed the following changes, which were implemented in April 2011:

- Once diagnosed, patients with gout and polymyalgia rheumatica will be discharged from secondary care with a clear management plan in the clinic letter and advice on when to refer back into secondary care.
- Patients with longstanding inflammatory arthritis previously had open access to call the rheumatology department for an urgent appointment if they felt their disease was flaring. Now the rheumatologists have been asked to redirect these enquiries to their GP who can act as gatekeepers for these extra appointments and only refer on those patients that cannot be dealt with in the primary care setting.
- Patients requesting knee or shoulder joint injections will be redirected back to their GP in the first instance. If the injection cannot be performed in primary care then the rheumatologists will happily arrange to do them.

Promising results

As a result of these changes, and many other internal changes within the rheumatology department, we have seen a reduction in the number of follow up appointments and a significant reduction in daycase injections, delivering real savings for local commissioners.

The rheumatology department remains committed to maintaining a high quality service and will continue to work closely with commissioners and GP colleagues to achieve this.

Commissioners will be disseminating information and updates to practices about these and other potential changes discussed at specialty forums and will also provide a mechanism for feedback.

If you would like to get involved in clinical service transformation please contact Gino Distefano, assistant director of strategy & partnerships, tel: 01332 787611.

Referrals to the Derby sleep service

Patients with symptomatic sleep apnoea and obesity hypoventilation must meet a certain criteria before they can by referred to the Derby sleep service.

If the patient has a score of 10 or more using the Epworth Sleepiness Scale, three of the following criteria must apply for referral:

- Loud snorer
- Patient experiences waking with choking/ obstructive episodes
- Patients working life severely affected by daytime sleepiness
- Patients driving severely affected by daytime sleepiness
- Spouse has noticed episodes of stopping breathing
- Regularly waking un-refreshed in the morning
- Small pharynx on visual inspection
- Neck circumference over 17.5 inches

If the patient does not meet the criteria but has experienced sleepiness in a dangerous situation, it may be useful to discuss the patient with us. When referring patients please enclose:

- Completed Epworth questionnaire
- Partner questionnaire
- Referral criteria applying to the patient referred

For further information please contact:

Dr G Mabeza, tel: 01332 787129, email: george.mabeza1@ nhs.net, or Dr W Elston, tel: 01332 787129, email: will.elston@derbyhospitals.nhs.uk.

Dr Mabeza will be speaking at the GP & primary care journal team meeting on 1 December, for more details see page 6.

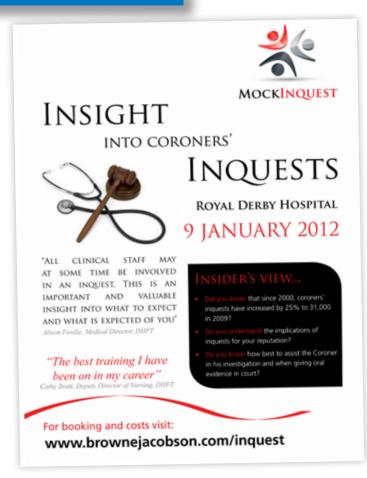


Southern Derbyshire tuberculosis team

TB nurse specialists have recently transferred from Derby City PCT to the Derby Hospitals, however the services offered remains unaltered.

To discuss a suspected case or to make a referral to the southern Derbyshire team, tel: 01332 787995/787996 or fax: 01332

NICE has produced a new clinical guideline which offers evidence-based advice on the diagnosis and treatment of active and latent tuberculosis in adults and children, and on preventing the spread of tuberculosis. Visit: http:// guidance.nice.org.uk/CG117.



End of life education programme

Six free events have been organised by Derby Hospitals focusing on current issues in end of life (EOL) care. All GPs working in Derbyshire are invited to attend.

Venue: Mickleover Golf Club, Uttoxeter Road, Derby.

Time: 1.30 - 4.30pm

Dates and topics:

- 9 November 2011 Managing end stage renal disease and end stage liver disease
- 14 December 2011 Advance care planning to avoid acute admission
- 11 January 2012 Managing patients with dementia at the end of life
- 25 January 2012 GP practices working with care homes to avoid unnecessary admission and facilitate preferred place of care
- 8 February 2012 Services to support EOL care in the community

To book, tel: 01332 254679, email: ncore@derbyhospitals.nhs. uk, visit: www.ncore.org.uk or post to NCORE, London Road Community Hospital, London Road, Derby DE1 2QY.

GP & primary care journal team meetings:

October - December 2011

Venue: 3rd floor, Education Centre, Royal Derby Hospital.

Organisers: Dr Andy Fyall and Dr Dave Young, GP CME tutors in Derby City.

All meetings commence at 1pm and finish by 2pm with sponsored food available from 12.30pm.

These primary care meetings are open to all GPs (locums, salaried, etc), GP registrars, practice nurses and primary health care team members.

To confirm your attendance please call: 01332 785202 or email: valerie.line@derbyhospitals.nhs.uk

DATE	SPEAKER	SUBJECT	
20.10.11	William Goddard, consultant, & Lisa Janiec, service improvement facilitator, East Midlands Cancer Network	Upper GI 2WW	
27.10.11	HALF TERM BREAK		
03.11.11	Dr Tom Humphries, GP clinical lead diabetes and long term conditions, Derbyshire County PCT	Personal care plans	
10.11.11	Dr Kamel Chitkara, consultant cardiologist, Royal Derby Hospital	An update in management of atrial fibrillation	
17.11.11	To be confirmed	To be confirmed	
24.11.11	Dr Tanya Bleiker, consultant dermatologist, Derby Hospitals	Dermatology part 2 talk (inflammatory side)	
01.12.11	Dr G Mabeza, consultant in respiratory medicine, Royal Derby Hospital	Obstructive sleep apnoea	
08.12.11	Mr Anish Bali, consultant gynaecology oncologist, Royal Derby Hospital	New NICE - ovarian cancer	
15.12.11	Dr R Hunter, coroner for Derby	The role of the coroner	
	CHRISTMAS BREAK		

