



# Nuffield Health Cambridge Hospital.

## Newsflash

GP & Practice Colleagues    Issue 25 - 2015

## Welcome.



Our new £30m hospital opened its doors in July and is a major investment in patient care for Cambridge.

Featuring state-of-the-art clinical facilities, available to patients using their private health insurance and those paying for themselves.

The hospital continues to provide a full range of medical and surgical specialities, delivered in state-of-the-art clinical facilities, including Orthopaedics, Oncology, General Surgery, Urology and ENT and specialist paediatric services.

### Maxine Estop

Hospital Director,  
Nuffield Health Cambridge Hospital

## To refer patients.

Send your named/unnamed referral direct to us and we will contact your patient.

☎ **01223 370 922**

☎ **01223 281310**

✉ **cambridge.clinics  
@nuffieldhealth.com**

Our directory of Consultants can be found online at **[nuffieldhealth.com/healthcare-professionals](http://nuffieldhealth.com/healthcare-professionals)**

## Latest News.



### Cancer care at Nuffield Health Cambridge Hospital

Cancer care is an emotive issue for both the patient and their family. At Nuffield Health Cambridge Hospital, we endeavour to lead the field in bringing the holistic approach to your patient's recovery.

We have been working closely with our Fitness & Wellbeing Gym to bring patients a Cancer Rehabilitation through exercise programme. Patients are referred to the programme by their clinician or nursing team. The patient will meet with their personal specially trained fitness instructor who will go through an initial assessment before tailoring a bespoke supervised exercise programme. Here is a short testimonial from one of our patients:

"My Personal Trainer started me on different exercises to strengthen my core, which I do each day at home. These really help and on my last holiday I was able to walk 5 miles which I hadn't done for months. Going to the gym at first was a bit daunting, and I wasn't sure how I'd feel surrounded by fit, well people, but I don't feel like a cancer patient there. Going to the gym has not only improved my fitness, posture and stamina, it's also improved my mental wellbeing. We still have work to do, but the improvement I've had so far is tremendous and I am so grateful that I had the chance to attend these sessions and do the exercises at home or when needed on a walk.

My Personal Trainer being linked to the nurses on oncology is also like a safety net which I wouldn't have had if I'd gone to a physio."

We would also like to introduce our partnership with Maggie's Wallace. Having the ability to talk to a member of the team whilst at the hospital can be both reassuring, and supportive.

Maggie's Wallace will be working to provide elements of their support programme within the hospital, and will be running a drop-in cancer support service in our Oncology unit. People attending will be able to speak with an experienced professional offering high quality individual or group support. They will be there to talk to patients, as well as to help people to understand the different ways that Maggie's may be able to help, and directing them to the different types of support available.

# Referring to Nuffield Health Hospitals.

To refer to a Nuffield Health Hospital please use the contact details on the front of this Newsflash or use our Clinic and Services Directory.

For Choose and Book treatment, please contact the Nuffield Health Choose and Book Contact Centre:

☎ **08000 155 020**

☎ **08452 803 251**

✉ chooseandbook  
@nuffieldhealth.com

## Recovery Plus.

Recovery Plus is our flagship recovery programme, available to our private patients for a number of Orthopaedic and Gynaecological procedures. Recovery Plus is free of charge and an optional addition which can form part of your patient's recovery programme, including a 12 week membership at a local Nuffield Health Fitness & Wellbeing Gym, and a Fitness Coach.

Visit [nuffieldhealth.com/recoveryplus](https://nuffieldhealth.com/recoveryplus)

### The Nuffield Health Promise

Our prices are all-inclusive.\*

We will equal any comparable price.\*\*

There are no time limits on your aftercare. \*\*\*

The Nuffield Health Promise is our unique pledge to patients who are paying for themselves.



## Private Medical Insurance

With the stresses of growing NHS waiting lists it can be a struggle for your patients to be seen in a timely manner. Making full use of private medical insurance is one way to ensure patients are seen sooner. If the patient is treated on a private referral this could also save your surgery money opposed to preparing an NHS referral.

By asking your patients if they have, or would like to use their private medical insurance, we can help ease some of the mounting pressure being placed on NHS clinics. We offer specialist Consultants in a range of disciplines with rapid access clinics to reduce patient waiting times.

We are also pleased to announce that we are now included in the AXA PPP network so we are able to accept patients from all the major insurance companies. Please do not hesitate to get in touch if you have any queries about referrals or the services that we offer.

## GP Learning Programme.

Our free GP Learning Programme is a great way to fulfil your CPD requirements.

For information on events taking place at Nuffield Health Cambridge Hospital please contact Louise Stimson on **01223 370923** or email [Louise.stimson@nuffieldhealth.com](mailto:Louise.stimson@nuffieldhealth.com)



## Facts at a glance.

Information on our latest Infection Control or Patient Satisfaction statistics can be found on our website at [nuffieldhealth.com](https://nuffieldhealth.com)

## Contact Us:

☎ **01223 370919**

✉ [cambridge.enquiries@nuffieldhealth.com](mailto:cambridge.enquiries@nuffieldhealth.com)

\* Initial consultation(s), diagnostic scans/tests and investigations required to establish a diagnosis are not part of your procedure price.

\*\* Not including Private Patient Units at NHS hospitals. Local area defined as within 15 miles of your chosen Nuffield Health hospital. We will match against written quotes only.

\*\*\* Where necessary, we promise to assist you to receive any follow up advice, treatment or care that is clinically required. Where a prosthesis is required for your procedure, this is guaranteed for the manufacturer's expected prosthesis lifetime. Clinically required indicates where further intervention and/or monitoring of your condition is deemed necessary as a direct result of your procedure. The Nuffield Health Promise applies for patients paying for themselves and excludes fertility services.