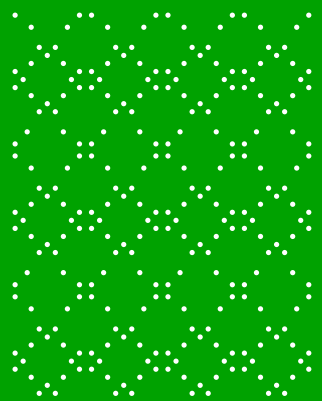


Consultant and services directory 2021/22

Nuffield Health Cardiff and Vale Hospitals



Working with you, for your patients.



We're building a healthier nation

Working with you, for your patients

Connected healthcare for your patients, at every stage of their treatment journey.

Working with you, for your professional development

Professional training tailored to the needs of your practice.

Working with you, for your community

Expert-led, evidence-based charitable community programmes available locally to support your patients.

Dedicated GP Liaison Officer
Rebekah Lyons
rebekah.lyons@nuffieldhealth.com
07810 480435 or 01443 449225

Bookings enquiries team
outpatientbookings@nuffieldhealth.com
01443 449251

Cardiff Bay Hospital
Dunleavy Drive, Cardiff CF11 0SN

The Vale Hospital
Hensol Castle Park, Hensol,
Vale of Glamorgan CF72 8JX

nuffieldcardiffandvale.com

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How to refer your patients

Referring your patients for a wide range of health and wellbeing services at Nuffield Health is quick and simple. We accept the following patients:

Patients who are paying for themselves

When it comes to the way in which patients pay us, transparency and clarity are key. That's reflected in the Nuffield Health Promise: our pledge to patients who are paying for their treatment themselves. What it means: a clear and transparent price for treatment, the very best in clinical care and no limits on aftercare either.

- ◆ The confirmed price is all your patient will ever pay*
- ◆ If they find a better price for the same procedure package, we'll match it**
- ◆ There are no time limits on aftercare.***

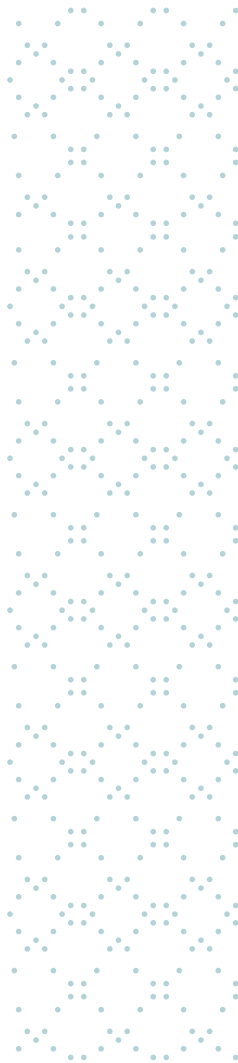
There is also the option of an interest-free loan.

Patients with health insurance

We have agreements with all major insurers. In most cases, a GP referral is required when patients are using health insurance. Patients will need to have their health insurance policy details and authorisation number available when booking or attending an appointment.

Call **01443 449251**
Email **outpatientbookings@nuffieldhealth.com**
Visit **nuffieldcardiffandvale.com**

*Initial consultation(s), diagnostic scans/tests and investigations required to establish a diagnosis are not part of your patient's procedure price. **Not including Private Patient Units at NHS hospitals. Local area defined as within 15 miles of the patient's chosen Nuffield Health hospital. We will match against written quotes only. ***Where necessary, we promise to assist your patient to receive any follow up advice, treatment or care that is clinically required. Where a prosthesis is required for your patient's 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. Find out more at nuffieldhealth.com/promise.



Patient safety is our number one priority

We want to reassure you and your patients that we've put in place safety measures to make our hospital COVID-19 secure. We're offering telephone and online consultations, as well as face-to-face appointments, so whether your patients' appointment is from home or in person, they'll be in safe hands with high-quality, award-winning healthcare from experts they can trust. All our measures follow UK government and Public Health Wales guidance and are implemented by the Nuffield Health infection prevention team.



Key facilities at Nuffield Health Cardiff and Vale Hospitals

Medical cover

24hr resident medical officer.

Patient accommodation

25 residential patient rooms with en-suite facilities, nurse call system, direct dial telephone, flat screen TV and radio, all patient rooms are wireless internet enabled. Two high dependency beds.

Theatre and support services

Two operating theatres including:

- ◆ Vale – Two major integrated suites
- ◆ Bay – One minor theatre with Howorth Exflow™ systems – One endoscopy suite
- ◆ State-of-the-art diagnostic and imaging suite.



Outpatient services

Including:

- ◆ 14 consulting rooms
- ◆ Minor day surgery suite with air flow
- ◆ Physiotherapy
- ◆ Pharmacy
- ◆ Pathology laboratory
- ◆ Diagnostic imaging
- ◆ Nurse-led pre-assessment
- ◆ Plain X-ray
- ◆ Mammography
- ◆ Ultrasound
- ◆ OPG
- ◆ MRI (static)
- ◆ Echocardiology
- ◆ Mobile CT scanner
- ◆ Fluoroscopy
- ◆ Emotional wellbeing services and CBT
- ◆ Physiotherapy
- ◆ Joint replacement centre.



Consultant and services directory

The details for each consultant show their name, specialist area and NHS hospital.



Visit nuffieldhealth.com/consultants to view our consultants' profiles.

Cardiology

Dr Richard Anderson

Interventional and cardiac assessments (ECG etc), hypertension and atrial fibrillation.

University Hospital of Wales.

Dr Robert Bleasdale

Assessment and treatment of palpitations and blackouts, complex heart rhythm device implantation.

Royal Glamorgan Hospital.

Dr Gethin Ellis

Heart failure, general cardiology (including cardiovascular assessment and risk modification) and cardiac aspects of sports and exercise medicine.

Royal Glamorgan Hospital.

Professor Tim Kinnaird

Interventional and cardiac assessments (ECG etc), coronary angiography, angioplasty and cardiovascular drugs.

University Hospital of Wales.

Prof Zaheer Yousef

General, heart failure, cardiomyopathies, implantation of pacemakers and cardiac devices (includes biventricular pacemakers and defibrillators).

University Hospital of Wales.

Cosmetic Surgery

Mr Dean Boyce

Cosmetic breast surgery (augmentation, uplift and reduction), abdominoplasty and liposuction. Specialises in hands.

Morriston Hospital.

Mr Amar Ghattaura

Cosmetic and reconstructive breast surgery (enlargement, reduction, uplift, reconstruction) body contouring (liposuction), abdominoplasty and blepharoplasty.

Morriston Hospital.

Cosmetic Surgery – continued

Mr Richard Karoo

Cosmetic and reconstructive plastic surgery including breast augmentation, uplift and reduction, body contouring (liposuction, abdominoplasty), facial surgery including facelifts and rhinoplasty.

Morriston Hospital.

Dermatology

Dr Alun Evans

Skin cancer and screening, mole checks/removal and general dermatology.

Dr Prasad Hunasehally

All dermatology issues.

West Kent Dermatology Service.

Dr Colin Long

Inflammatory skin disease, eczema, psoriasis, urticaria, skin cancer and mole removal.

University Hospital of Wales/Royal Glamorgan Hospital.

Professor Girish Patel

All dermatology and acne.

University hospital of Wales.

Ear, Nose and Throat (ENT)

Mr Sandeep Berry

Head and neck surgery, sinus surgery and sleep disorders/snoring.

Royal Glamorgan Hospital.

Mr David Owens

All ENT.

University Hospital of Wales.

Mr Ali-Al-Hussaini

General, sinus surgery, rhinology, paediatric, head and neck surgery.

University Hospital of Wales.

Mr Vijay Singh

General, rhinology, dysphagia, snoring and OSA.

Royal Glamorgan Hospital.

Ear, Nose and Throat (ENT) – continued

Mr Benjamin Stew

General, sinus surgery, rhinology, paediatric, head and neck surgery.

University Hospital of Wales.

Mr Alun Tomkinson

General, sinus surgery, rhinology, paediatric, head and neck surgery.

University Hospital of Wales.

General and Colorectal Surgery and Gastroenterology

Prof PN Haray

Laparoscopic surgery, bowel cancer diagnosis and management, functional bowel disorders, prolapse, haemorrhoids, THD Treatment, colonoscopy and endoscopy.

Prince Charles Hosptial.

Mr Tim Havard

Abdominal pain and dyspepsia, haemorrhoids and benign/malignant skin lesions and treatment of benign upper GI conditions.

Royal Glamorgan Hospital.

Mr Kim Hutton

General paediatric surgery and day case paediatrics, umbilical hernia and paediatric urology and vesicoureteric reflux.

Private sector only.

Dr Minesh Patel

Gastroenterology, gastroscopies and colonoscopies including therapeutic work.

Prince Charles Hospital and Royal Glamorgan Hospital.

Dr Lawrence Sunder Raj

Gastroenterology, endoscopy and colonoscopy, investigation of gastrointestinal symptoms, indigestion, IBS, hepatitis, liver disease and cirrhosis.

University Hospital of Wales.

General and Colorectal Surgery and Gastroenterology – continued

Mr Alan Woodward

Hernia surgery, gallbladder disease, sports injuries and groin. Also hemorrhoids including The Rafaelo Procedure.

Royal Glamorgan Hospital.

General Medicine – Breast Disease

Miss Zoe Barber

Breast disease, oncoplastics and sentinel node biopsy.

Royal Glamorgan Hospital.

General Medicine – Endocrine and Thyroid

Mr David Scott-Coombes

Thyroid, endocrine, lymph node, hernias and cholecystectomy.

University Hospital of Wales.

Dr Vinay S Eligar

All GIM, diabetes and endocrinology related conditions. Consultant in diabetes and endocrinology.

University Hospital of Wales.

Gynaecology

Mr Kiron Bhal

Urinary incontinence and pelvic organ prolapse, infertility and heavy menstrual bleeding.

University Hospital of Wales.

Mrs Nadia Hikary-Bhal

General gynaecology, pelvic floor health and reconstruction, endometriosis, early pregnancy, infertility and menopause.

Royal Glamorgan Hospital.

Gynaecology – continued

Mr Sanjay Chawathe

General, urogynaecology, laparoscopic surgery and menstrual disorders.

Royal Glamorgan Hospital.

Mr Mohamed Elnasharty

General urogynecology, laparoscopic surgery and menstrual disorders.

University Hospital of Wales.

Mr Jonathan Pembridge

Management of abnormal menstrual disorders, Laparoscopic surgery and colposcopy and early pregnancy problems.

Royal Glamorgan Hospital.

Dr Anusha Sivasuriam

General gynaecology, menstral disorders, laparoscopic surgery and colposcopy, early pregnancy problems.

Prince Charles Hospital.

Mr Lutfi Shamsuddin

Benign gynaecology, pelvic pain, endometriosis, minimal access surgery and period problems.

University Hospital of Wales.

Mr Sean Watermeyer

Menopause.

Royal Glamorgan Hospital.

Neurology

Dr Fady Joseph

Specialism in central nervous system, inflammation and multiple sclerosis.

Nevill Hall Hospital.

Neurophysiology

Dr Benny Thomas

Nerve testing.

University Hospital of Wales.

Ophthalmology

Mr Hugh Jewsbury

Cataract surgery, strabismus (squints), neuro-ophthalmology and paediatric ophthalmology. Paeds 3+.

University Hospital of Wales.

Mr Amit Gaur

Cataract surgery, age related medical degeneration, diabetic eye disease, medical retina disorders, retinal laser procedures, uveitis and general ophthalmology.

Royal Glamorgan Hospital.

Mr Dan Morris

Cataract surgery, oculoplastic, lacrimal surgery and general ophthalmology.

University Hospital of Wales.

Prof Mohammed Muhtaseb

Refractive and premium lens implant surgery, corneal surgery and cataract surgery.

Royal Glamorgan Hospital.

Mr Kadaba Rajkumar

General, cataract surgery and glaucoma.

University Hospital of Wales/Princess of Wales Hospital.

Mr Raghu Ram

Small incision cataract surgery, diabetic retinopathy and macular degeneration.

Royal Glamorgan Hospital.

Ms Wai Siene Ng

Cataract surgery, cataract with minimally invasive glaucoma surgery (MIGS), glaucoma management (medical, surgical and laser), complex glaucoma management (surgical glaucoma drainage device insertions and surgical repairs).

University Hospital of Wales.



Oral and Maxillofacial

Mr Saty Bhatia

Any oral or head and neck conditions (including cancers) facial cosmetic and reconstructive surgery, paediatric maxillofacial surgery (including impacted canines and other teeth), vascular malformations (including haemangiomas), craniofacial deformities (including post-traumatic and congenital).

University Hospital of Wales.

Prof David Thomas

Oral surgery and implantology including bone and soft tissue grafting, dental implants and wisdom tooth extraction.

University Hospital of Wales.

Orthopaedics – Foot and Ankle

Mr Sandeep Hemmadi

Bunion and toe surgery, arthroscopic ankle surgery, achilles tendon, ankle ligament surgery and paediatric orthopaedics.

University Hospital of Wales.

Mr Paul Hodgson

Bunion and toe surgery, foot and ankle surgery, arthroscopy, sports injuries, shockwave treatment and ankle soft tissue injury (including achilles tendon and ankle ligaments).

University Hospital of Wales.

Mr Rhys Thomas

Full range of foot and ankle surgery, sports injuries, shockwave therapy, bunion surgery, arthritis and minimally invasive surgery.

University Hospital of Wales.

Orthopaedics – Hand and Wrist

Mr Glenn Clewer

Dupuytren's disease, carpal tunnel syndrome and trigger finger surgery.

Royal Glamorgan Hospital.

Mr Angus Maclean

All hand and wrist surgery.

Royal Glamorgan Hospital.

Mr Andy Rogers

Hand and elbow problems.

Royal Gwent Hospital.

Mr Ryan Trickett

All hand and wrist surgery.

University Hospital of Wales.

Orthopaedics – Hips

Mr Michael Cronin

Hip arthroscopy, total hip replacement, SuperPath® hip replacement, peri-acetabular osteotomy, hip impingement, hip dysplasia and sports hip surgery.

Morriston Hospital.

Mr Matthew Dodd

Hip and knee arthroplasty, knee arthroscopy, ACL and sports injuries and peri-articular osteotomy.

Morriston Hospital.

Mr Stephen Jones

Primary and revision hip replacement, hip arthroscopy and hip impingement surgery.

University Hospital of Wales.

Mr Alun John

Hip pain, primary and revision hip replacement.

University Hospital of Wales.

Orthopaedics – Hips – continued

Mr Tim Owen

Hip replacement surgery including resurfacing replacement and all aspects of revision hip replacement.

Royal Glamorgan Hospital.

Mr Jaydeep Shah

Primary hip replacement, primary knee replacement, carpal tunnel/cubital decompression surgery for thumb osteoarthritis and Dupuytren's contracture surgery of hand and ganglion excision etc.

Princess of Wales Hospital.

Mr Phillip Thomas

Young adult hip surgery (including hip arthroscopy), hip replacement and paediatric orthopaedics.

University Hospital of Wales.

Orthopaedics – Knees

Mr Amit Chandratreya

Full knee and partial knee replacement, sports injuries, intervention for degenerative conditions, knee cartilage tears and arthritis.

Princess of Wales Hospital.

Mr Glenn Clewer

Ligament reconstruction, meniscal repair and knee replacement.

Royal Glamorgan Hospital.

Mr David Edwards

Knee replacement and knee revision and knee arthroscopy.

Princess of Wales Hospital.

Orthopaedics – Knees – continued

Mr Rahul Kotwal

Knee surgery, assessment and management of knee arthritis, sports knee injuries and hamstring tendon avulsion injuries.

Princess of Wales Hospital.

Mr Andrew Langston

Knee surgery, lower limb arthroplasty, navigation surgery and sports injuries.

Princess of Wales Hospital.

Mr David Pemberton

Sports injuries, intervention for degenerative conditions, knee cartilage tears and arthritis.

Royal Glamorgan Hospital.

Mr Stuart Roy

Knee arthroscopy and ligament reconstruction, meniscal replacement, partial knee replacement, knee replacement, customised knee replacement and knee revision surgery.

Royal Glamorgan Hospital.

Mr Stephen Sarasin

Knee replacement and knee arthroscopy.

Prince Charles Hospital.

Mr Rhys Williams

Arthroscopic knee surgery, ligament reconstruction, realignment and replacement of the knee.

University Hospital of Wales.

Mr Chris Wilson

Knee replacement, realignment osteotomy, meniscal repair and ligament reconstruction.

University Hospital of Wales.



Orthopaedics – Shoulder

Mr Geoff Graham

Sports injuries, rotator cuff problems, frozen shoulder, treats all kinds of shoulder and elbows problems.

Mr Huw Pullen

Sports injuries, rotator cuff problems, frozen shoulder, arthroscopic surgery and degenerative shoulder conditions and replacements.

Royal Gwent Hospital.

Mr Angus Robertson

Shoulder surgery (rotator cuff repair), shoulder decompression – key hole surgery, elbow surgery, shoulder stabilisation and shoulder sports injuries.

University Hospital of Wales.

Mr Rhys Williams

Sports injuries, arthroscopic shoulder surgery and degenerative shoulder conditions.

University Hospital of Wales.

Orthopaedics – Spinal

Mr Iqroop Chopra

Neuro-spinal surgery.

University Hospital of Wales.

Mr James Cordell-Smith

Orthopaedic spinal surgery.

Royal Gwent Hospital.

Mr Stuart James

Orthopaedic spinal surgery including paediatric scoliosis.

University Hospital of Wales.

Mr Michael McCarthy

Orthopaedic spinal surgery.

University Hospital of Wales.

Pain Management

Mr Rahul Guru

Anaesthesia and pain management.

University Hospital of Wales.

Dr Shefali Kadambande

Neuropathic and back pain, post surgical pain, CRPS. Spinal X-ray and ultrasound guided injections, nerve blocks, acupuncture, epidurals and radiofrequency denervation for pain management.

University Hospital of Wales.

Prof Nerraj Saxena

Anaesthesia and pain management.

Royal Glamorgan Hospital/Prince Charles Hospital.

Dr Ashish Wagle

Post surgical pain management including simple mechanical back pain and spinal interventions for pain relief.

Royal Glamorgan Hospital.

Podiatry

Ms Amy Martin

Biomechanical lower limb assessment, sports injuries, foot pain, lower limb pain, soft tissue discomfort, plantar fasciitis, shin pain, insole/orthoses provision, nail surgery and general chiropody treatments.

Private sector only.

Mr Andrew James

MSK podiatry, special interest in dynamic foot function and orthotic therapy. Paediatrics and toe nail removal under local anaesthetic.

Private sector only.

Radiology

Dr Vineet Bhat

Musculoskeletal.

University Hospital of Wales.

Dr Gavin Cleague

Musculoskeletal and joint injections.

Royal Glamorgan Hospital.

Dr Amy Clayton

Head and neck, GI and HDB radiology.

University Hospital of Wales.

Dr Ishan Gunatunga

Musculoskeletal.

Royal Gwent Hospital.

Dr Grant Griffiths

Chest, abdomen and pelvis imaging.

Dr Mary Hart

Head, neck and gynaecology imaging.

University Hospital of Wales.

Dr Sridhar Kamath

Musculoskeletal, spinal imaging, nerve root blocks and joint injections.

University Hospital of Wales.

Dr Rama Kishore

Musculoskeletal, spinal imaging, nerve root blocks and joint injections.

University Hospital of Wales.

Dr Kathleen Lyons

Musculoskeletal, spinal imaging, nerve root blocks and joint injections.

University Hospital of Wales.

Radiology – continued

Dr Maggie Hourihan

Neuroradiologist.

University Hospital of Wales.

Dr Kausik Mukherjee

Musculoskeletal, spinal imaging, interventional techniques, nerve root blocks and joint injections.

University Hospital of Wales.

Dr Pete Mullaney

Musculoskeletal imaging and intervention, nerve root blocks and joint injections.

University Hospital of Wales.

Dr Balan Palaniappan

General radiology, gynaecology and urology.

Royal Glamorgan Hospital.

Dr Jane Pollitt

Breast imaging, mammography, ultrasound, MRI, image guided biopsy and benign breast lump incision under local anaesthetic.

Royal Glamorgan Hospital.

Dr John Rees

Chest and neck imaging.

University Hospital of Wales.

Dr Phil Wardle

Musculoskeletal, spinal imaging, nerve root blocks and joint injections.

Royal Glamorgan Hospital.



Respiratory Medicine

Dr Stuart Packham

All respiratory conditions including: persistent cough, asthma and allergies, chronic obstructive pulmonary disease, obstructive sleep apnoea, lung cancer, chronic cough and breathlessness.

Morriston Hospital.

Dr Ramsey Sabit

General and respiratory medicine, asthma, COPD, endobronchial valve insertion and unexplained breathlessness.

University Hospital Llandough.

Rheumatology

Dr Jim Martin

Osteoporosis and lupus.

Royal Glamorgan Hospital.

Dr Julian Nash

General rheumatology, rheumatoid arthritis and connective tissue disease.

Sports and Exercise Medicine

Dr Geoff Davies

All sports injuries, musculoskeletal pathology and degenerative joint disease. Services provided include diagnostic ultrasound, joint and soft tissue injections, shockwave therapy for tendinopathies.

Private sector only.

Urology

Mr Tim Appanna

Urological malignancies, bladder problems and stone disease, urodynamic investigations and treatments.

Royal Glamorgan Hospital.

Professor Gareth Brown

Erectile/sexual dysfunction, urological cancers and male infertility.

Royal Glamorgan Hospital.

Mr Shibs Datta

Functional urology, all urological cancers especially kidney, prostate, bladder and testicular cancers, all core urology eg; incontinence, prostatic enlargement (including urodynamic investigations and haematuria).

University Hospital of Wales.

Mr Kim Hutton

All general paediatric surgical and urological problems including foreskin conditions, paediatric varicocele, umbilical hernia, vesicoureteric reflux, urinary infection, renal stone disease and reconstructive urology.

University Hospital of Wales.

Mr Andrew Thomas

Prostate ultrasound and biopsy, vasectomy, prostate surgery, green light laser and paediatric urology.

Princess of Wales Hospital.

Vascular

Mr Kevin Conway

All vascular surgery including varicose vein ligations and radio frequency treatment and sclerotherapy.

Royal Glamorgan Hospital.



How patients feel tomorrow starts today



At Nuffield Health hospitals, we put patients' safety first in a COVID-19 secure environment. We have a dedicated team of experts your patients can trust, offering a range of award-winning healthcare services.

Working with you, for your patients.



Associated services

Connected health is a key aspect of our patient focus. From diagnosis and monitoring, to treatment and recovery and then beyond to ensure patients get well and stay well.



Recovery Plus

When you refer a patient to us their treatment doesn't end once they leave the hospital. Our end-to-end approach to complete healthcare brings together a wide range of healthcare services across our hospitals, fitness and wellbeing centres and clinical services. Recovery Plus is an optional enhanced recovery programme available to our private patients free of charge when clinically appropriate.

- ◆ Dedicated recovery coach after discharge
- ◆ Health check with personalised exercise and diet advice
- ◆ Three month membership to our fitness and wellbeing centres.

nuffieldhealth.com/recoveryplus

Health assessments

Whether patients want a broad outline of their health, or have something more specific in mind, our health assessments provide a comprehensive overview and cover key health concerns like diabetes, heart health, cancer risk and emotional wellbeing.

- ◆ Results given straight away
- ◆ Personalised report with test results and next steps
- ◆ Quick and easy referrals (if needed)
- ◆ Patients now have the option to have an online health assessment including at home pathology testing.

nuffieldhealth.com/health-assessments

Patients accessing any of our services also benefit from a 30-day free gym pass.

Emotional wellbeing

We offer a range of flexible, effective psychological therapies that can help improve and maintain mental health, and any therapy we offer will be tailored to the unique needs of your patients. Our full range of emotional wellbeing services are also available remotely.

An initial telephone assessment with one of our mental health professionals takes 30 minutes and can typically be arranged within 24 hours, giving your patients rapid access to advice and reassurance. Following this, a mental health professional will recommend the most appropriate service, from Cognitive Behavioural Therapy, guided therapy or self-help online.

nuffieldhealth.com/mental-health-support





Associated services cont.

Diagnostic imaging services

We have comprehensive imaging capabilities including:

- ◆ MRI
- ◆ CT
- ◆ X-ray
- ◆ Ultrasound
- ◆ Mammography.

nuffieldhealth.com/healthcare-professionals/diagnostic-and-specialist-services

Pathology

We have a national, integrated laboratory testing service with a network of fully accredited laboratories around the country. Linked by a nationwide pathology IT platform, hospitals can provide accurate lab reports with a quick turnaround and feedback on outcomes backed by a wealth of data.

nuffieldhealth.com/healthcare-professionals/services/pathology

Working with you, for your professional development

Whatever your professional interests or goals, we're on hand to support you at every step. Your dedicated GP liaison can develop a bespoke CPD-accredited educational programme for all the HCPs in your practice:

- ◆ Covering topics tailored to your needs
- ◆ Free to attend
- ◆ Delivered online
- ◆ Flexible formats that work around you.

nuffieldhealth.com/healthcare-professionals/events-for-gps



Associated services cont.

Physiotherapy and rehabilitation

Expert treatment from our dedicated team of professional clinical staff.

Nuffield Health Cardiff and Vale Hospitals offer a complete injury package that includes assessment, diagnosis, treatment, rehabilitation and advice. Initial assessments are made by our physiotherapists and a diagnosis will be provided on the cause of your patient’s symptoms followed by expert advice on how to best treat their condition.

Where appropriate, an early referral will be made to other specialist consultants for further advice and management. During the initial assessment, individual rehabilitation programmes tailored specifically to your patient will be discussed and then implemented to return them back to full mobility as quickly as possible.

We treat patients of all ages and for all types of injuries. Our physiotherapists are specialist in musculoskeletal injuries.

We also offer a women’s health service which provides treatment for women’s incontinence and pregnancy related back pain service.



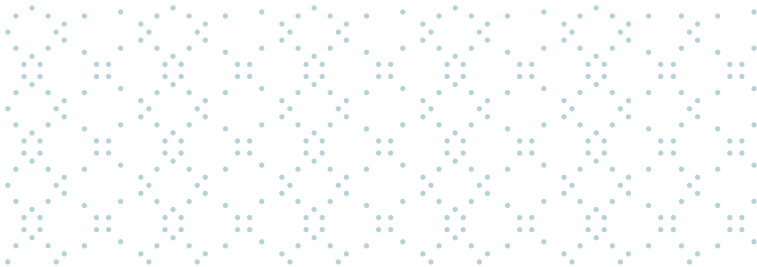
Other facilities available at Nuffield Health Cardiff and Vale Hospitals:

- ♦ Isokinetic strength assessment
- ♦ Sports specific rehabilitation programmes
- ♦ Clinical Pilates – individual and group
- ♦ Aquatic therapy
- ♦ Accompanied access with their physio to the Vale Hotel Leisure Club
- ♦ Advice on safe exercise participation and injury prevention
- ♦ Running injury advice and treatment
- ♦ Women’s health clinics
- ♦ Access to an experienced podiatrist
- ♦ Access to a GP specialising in sports medicine
- ♦ Access to orthopaedic or rheumatology consultant intervention
- ♦ Access to the radiology department for further investigations if required.

What will it cost?

We have an open, transparent pricing policy where patients only pay one fixed fee per consultation, investigation or treatment. We will discuss the costs in full with the patient.

Call **01443 449269** or email **vale.physiotherapy@nuffieldhealth.com**



Associated services cont.

Local Nuffield Health fitness and wellbeing centres

Keeping your patients safe and healthy is our number one priority. Our unique expertise operating our hospitals safely across the UK has enabled us to ensure our fitness and wellbeing centres are as safe as possible for your patients. Our network of 113 centres across the UK offer a huge range of facilities and services including swimming, group exercise for all abilities and on-site experts including chartered personal trainers and physiotherapists. Patients accessing any of our services also benefit from a 30-day free gym pass.

Nuffield Health 24/7

For members looking to workout at a time and place which suits them, we have developed our brand-new digital wellness platform, Nuffield Health 24/7. Offering over 200 on-demand workouts from heart pumping HIIT, to relaxing yoga, there's something for everybody and every ability. We've also created clinically led programmes across healthy hip, knee and spine from our expert physiotherapists. Your health is on demand, with Nuffield Health 24/7.

247.nuffieldhealth.com

To find your local fitness and wellbeing centre, visit nuffieldhealth.com/fitness



Nuffield Health Bridgend Fitness & Wellbeing centre

Waterton Retail Park, Waterton Road, Bridgend CF31 3YW
01656 644160 nuffieldhealth.com/gyms/bridgend



Nuffield Health Cwmbran Fitness & Wellbeing centre

Wilcrick Place, Avondale Road, Cwmbran NP44 1TX
01633 642915 nuffieldhealth.com/gyms/cwmbran

40% FITNESS AND WELLBEING CENTRE DISCOUNT

We are offering a **40% discount to all NHS staff** including GPs and practice staff to recognise their hard work and commitment. Please call your local Nuffield Health fitness and wellbeing centre to enquire about membership.

nuffieldhealth.com/NHS



Working with you, for your community

Our flagship programmes are a range of free or subsidised services, which address unmet health and wellbeing needs in local communities. Designed to help people get well, stay well and live well through the different stages of their lives.



COVID-19 REHABILITATION

COVID-19 Rehabilitation Programme

Our newly launched unique programme has been developed in collaboration with NHS Trusts.

Following a suspected or confirmed COVID-19 diagnosis, patients can refer themselves onto the programme which offers a unique blend of physical and emotional support. The 12-week plan is led by clinical specialists, and is tailored to an individual's rehabilitation needs.

nuffieldhealth.com/covidrehab



Visit our website nuffieldhealth.com/healthcare-professionals for more information.



STAMINA

STAMINA Research

The world's largest clinical research programme into how supported exercise can help men living with prostate cancer and receiving Androgen Deprivation Therapy, in partnership with Sheffield Hallam University.

Joint Pain Programme

An affordable, evidence-based 12-week course helping people with osteoarthritis to live a full life.



JOINT PAIN



CYSTIC FIBROSIS

Cystic Fibrosis Programme

Supporting young children living with cystic fibrosis to take part in exercise through our free tailored programmes.

Schools Wellbeing Activity Programme (SWAP)

A free six-week wellbeing programme empowering children to improve their overall health and wellbeing.

Meet Our Experts events

As a charity, we run regular sessions with the support of our on-site experts, giving members and non-members a chance to learn about health and fitness. These events cover everything from injury prevention to skin care.

Search 'Our Impact' on nuffieldhealth.com to learn more.

To refer your patients visit nuffieldhealth.com/healthcare-professionals/patient-referrals

We are the UK's largest healthcare charity*

We are the UK's largest healthcare charity. For over 60 years, our team of experts have been working together to make the nation fitter, healthier, happier and stronger. Today, our purpose remains the same: to build a healthier nation. We're proud we are able to invest all our income back into this vision – whether that's through outstanding day-to-day services, or by pioneering improvements in care so more people can benefit: our customers and patients always come first.

The COVID-19 pandemic has presented all of us with new challenges, and our purpose of building a healthier nation has never been more important. In 2020 and 2021, we proudly made our 31 hospitals available to the NHS, and so far, we've treated over 270,000 NHS patients during the pandemic.

In addition to treating patients during their illness, our unique connected healthcare offering enables us to support their recovery and rehabilitation requirements. Working in collaboration with the NHS, we've developed a new COVID-19 Rehabilitation Programme that offers a blend of physical therapy and emotional support. This free 12-week programme is delivered virtually for the first six weeks and the remainder is in a selection of our 113 fitness and wellbeing centres.

nuffieldhealth.com/covidrehab

As ever, in good times and bad, we're committed to our vision of building a healthier nation.

Nuffield Health facilities in the area



Key department contacts

General enquiries and consultant bookings

Call **01443 449 251** | Fax **01443 381125**
outpatientbookings@nuffieldhealth.com

Radiology appointments – Bay and Vale

Call **02920 836 731** | Fax **02920 232100**
vh.imaging@nuffieldhealth.com

Physiotherapy appointments – Bay and Vale

Call **01443 449 269** | Fax **01443 381125**
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