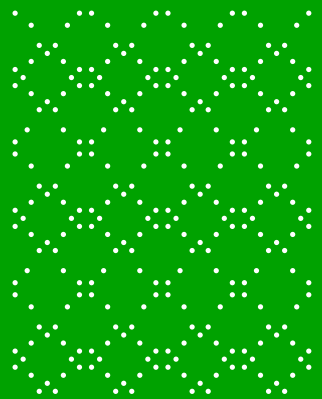


# Consultant and services directory 2021/22

Nuffield Health Derby Hospital



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.

### GP Liaison Manager

Amanda Kidd  
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### Nuffield Health Derby Hospital

Rykneild Road, Littleover,  
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[nuffieldhealth.com/hospitals/derby](https://nuffieldhealth.com/hospitals/derby)

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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 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.

## Patients via NHS e-Referral Service

Your patients can also be referred via the NHS e-Referral Service – formerly 'choose and book' ([www.nhs.uk/referrals](http://www.nhs.uk/referrals)). You and your patients can select the most convenient time, date and place of treatment for those NHS services we currently have listed on the NHS e-Referral Service web portal.

Call **08000 155020**

Fax **08004 715058**

Email [chooseandbook@nuffieldhealth.com](mailto:chooseandbook@nuffieldhealth.com)

## 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.

\*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](http://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 England guidance and are implemented by the Nuffield Health infection prevention team.





# Key facilities at Nuffield Health Derby Hospital

## Medical cover

24hr resident medical officer, general, surgical and anaesthetic.

## Patient accommodation

38 residential patient rooms with en-suite facilities, dedicated chemotherapy suite comprising of day treatment, consulting and therapy rooms, 4 inpatient rooms with en-suite facilities, sensory courtyard garden, telephone, TV and radio, Wi-Fi.

## Theatre and support services

- ◆ Two major operating theatres with laminar flow
- ◆ One major operating theatre without laminar flow
- ◆ One minor operating theatre.



## Outpatient services

Including:

- ◆ 16 consulting rooms
- ◆ Age-related macular degeneration
- ◆ Audio suite
- ◆ Banding of haemorrhoids
- ◆ Clinical oncology
- ◆ Clinical psychology
- ◆ Dermatology
- ◆ Dietician
- ◆ Echocardiogram
- ◆ Exercise ECG
- ◆ Flexible cystoscopy
- ◆ Injection of thread veins
- ◆ Laser eye surgery
- ◆ Ophthalmology
- ◆ Optometrist
- ◆ Pain management
- ◆ Pathology
- ◆ Pharmacy
- ◆ Physiotherapy, including gym
- ◆ Psychotherapy
- ◆ Small hand surgery
- ◆ Vasectomy.





# Consultant and services directory

## NHS base – abbreviations

<b>B</b>	Burton Hospitals NHS Foundation Trust
<b>BI</b>	University Hospitals Birmingham NHS Foundation Trust
<b>DE</b>	Derby Hospitals NHS Foundation Trust
<b>N</b>	Nottingham University Hospitals NHS Trust
<b>C</b>	Chesterfield Royal Hospital NHS Foundation Trust



Visit [nuffieldhealth.com/consultants](https://nuffieldhealth.com/consultants) to view our consultants' profiles.

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

Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
Anaesthetics (Pain Management)				
Buczkowski, P Dr	Anaesthesia and pain management.	0300 7906190	01332 639977	DE
Searle, AE Dr	Anaesthesia and pain management.	0300 7906190	01332 639977	DE
Thirugnanam, M Dr	Anaesthesia and pain management.	0300 7906190	01332 639977	DE
Audiological Medicine				
Barlow, S Mrs	Adult audiology, hearing aid provision, deafness, hearing loss, tinnitus and hyperacusis.	0300 7906190	01332 639977	DE
Cardiology				
Ahmed, N Dr	General cardiology.	0300 7906190	01332 639977	DE
Azeem, T Dr	General cardiology.	0300 7906190	01332 639977	DE
Baron, J Dr	General cardiology, ischemic heart disease and coronary angiography.	0300 7906190	01332 639977	DE
Bhandari, M Dr	General cardiology, hypertension, syncope, arrhythmias, cardioversion, coronary angioplasty, angina and palpitation.	0300 7906190	01332 639977	DE
Butcher, G Ms	Clinical physiology and echocardiography.	0300 7906190	01332 639977	DE
Chitkara, K Dr	Adult cardiology.	0300 7906190	01332 639977	DE
Hurt, V Mrs	Clinical physiology and echocardiography.	0300 7906190	01332 639977	DE
McCance, A Dr	General, maternal and interventional cardiology, cardiac pacing and adult congenital heart disease.	0300 7906190	01332 639977	DE
McIntosh, R Dr	General cardiology.	0300 7906190	01332 639977	DE
Dermatology				
Abid, M Dr	General dermatology.	0300 7906190	01332 639977	DE
Bleiker, T Dr	General adult dermatology and contact dermatitis.	0300 7906190	01332 639977	DE
Ferguson, A Dr	Skin cancer.	0300 7906190	01332 639977	DE
Nambi, R Dr	Dermatological surgery.	0300 7906190	01332 639977	DE
Dietitian				
Mulvey-Goldsmith, R Mrs	Dietitian.	0300 7906190	01332 639977	DE
Price, J Miss	Dietitian.	0300 7906190	01332 639977	DE



Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
Ear, Nose and Throat (ENT)				
Ashraf, N Miss	ENT/otolaryngology, head and neck surgery, rhinology and facial plastic surgery.	0300 7906190	01332 639977	DE
Johnston, M Mr	Rhinology, otology and benign head and neck disease.	0300 7906190	01332 639977	DE
Judd, O Prof	Neurotology – balance, dizziness, facial pain, facial paralysis and laryngology including voice disorders.	0300 7906190	01332 639977	DE
Lee, P Mr	Otology, rhinology and general ENT.	0300 7906190	01332 639977	B
Meehan, T Dr	Vertigo, disorders of balance, tinnitus and hearing impairment.	0300 7906190	01332 639977	DE N
Mortimore, S Mr	Head and neck pathology (benign and malignant), rhinology and swallowing disorders.	0300 7906190	01332 639977	DE
Parker, D Mr	Rhinology, otology, benign head and neck pathology.	0300 7906190	01332 639977	DE
Sharp, J Mr	General ENT, otology, all head and neck pathology (benign and malignant) including thyroid.	0300 7906190	01332 639977	DE
Gastroenterology				
Austin, A Dr	Gastroenterology and hepatology.	0300 7906190	01332 639977	DE
Cole, A Dr	IBD, nutrition and GI endoscopy.	0300 7906190	01332 639977	DE
Din, S Dr	Gastroenterology.	0300 7906190	01332 639977	DE
Krishnamoorthy, Dr R	Gastroenterology.	0300 7906190	01332 639977	DE
Lawson, A Dr	Gastroenterology and hepatology.	0300 7906190	01332 639977	DE
Norton, B Dr	Gastroenterology.	0300 7906190	01332 639977	DE
General Medicine				
Agarwal, A Dr	Elderly medicine, dementia, falls, Parkinson’s disease, diabetes and heart failure in the elderly.	0300 7906190	01332 639977	DE
Kolhe, N Dr	Hypertension, acute kidney injury, chronic kidney disease and vasculitis.	0300 7906190	01332 639977	DE
Mukherjee, B Dr	General geriatrics/medicine – stroke physician, Parkinson’s disease and rehabilitation.	0300 7906190	01332 639977	B
Powell, R Prof	Clinical immunology and allergy.	07766 911026	01332 639977	
Wahenda, I Dr	Respiratory medicine.	0300 7906190	01332 639977	DE



Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
General Surgery				
Al-Chalabi, H Mr	General surgery, laparoscopy, cholecystectomy and colorectal surgery.	0300 7906190	01332 639977	DE
Al-Khyatt, W Mr	Upper gastrointestinal and laparoscopic surgery and bariatric clinic.	0300 7906190	01332 639977	DE
Awan, A Mr	Pancreatic-biliary surgery, bariatrics, laparoscopic surgery and hernia.	0300 7906190	01332 639977	DE
Bhatti, I Mr	General surgeon/consultant laparoscopic (HPB).	0300 7906190	01332 639977	DE
Bohra, A Mr	Upper and lower GI, endoscopy, upper GI cancers, bariatrics, hernia, laparoscopic, gastrointestinal, gastric banding, gastric sleeve, hernia, hiatus hernia, reflux surgery, laparoscopic nissens fundoplication and gallstones (no varicose veins).	0300 7906190	01332 639977	DE
Goyal, A Assoc Prof	Breast surgery, oncoplastic and reconstruction breast surgery and cosmetic breast surgery.	0300 7906190	01332 639977	DE
Hurst, N Mr	General and colorectal surgery.	0300 7906190	01332 639977	DE
Iftikhar, S Mr	Laparoscopic and gastrointestinal surgery, general and hernia.	0300 7906190	01332 639977	DE
Leeder, P Mr	Upper gastrointestinal and laparoscopic surgery and bariatric clinic.	0300 7906190	01332 639977	DE
Lingam, MK Mr	General surgery including hernia (open and laparoscopic), gallstones, piles, fissures, gastroscopy, flexible sigmoidoscopy, vascular surgery including open, endovascular, endovenous procedures, carotid and aneurysm surgery, varicose veins (VNUS), sclerotherapy to thread veins, endocrine surgery including thyroid and parathyroid surgery.	0300 7906190	01332 639977	DE
Marzook, H Mr	Laparoscopic and gastrointestinal surgery, general and hernia surgery.	0300 7906190	01332 639977	DE
Madhok, B Mr	Upper GI, bariatrics, hernia, laparoscopic, lumps and bumps, endoscopy, gastrointestinal, gastric bypass, gastric banding, gastric sleeve, hernia, hiatus hernia, reflux surgery, laparoscopic nissens fundoplication and gallstones.	0300 7906190	01332 639977	DE
Quarmby, J Mr	Vascular.	0300 7906190	01332 639977	DE
Rowlands, T Mr	Vascular and hernia.	0300 7906190	01332 639977	DE
Sibbering, M Mr	Breast surgery.	0300 7906190	01332 639977	DE
Vakis, S Mr	General, colorectal surgery including laparoscopic surgery for hernia and gallbladder.	0300 7906190	01332 639977	B
Wahedna, Y Ms	Breast surgery and general surgery (hernias).	0300 7906190	01332 639977	



Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
Genitourinary Medicine (GUM)				
Apoola, A Dr	Sexual health.	0300 7906190	01332 639977	DE
Gynaecology				
Abdul, S Mr	Gynaecological oncology, colposcopy, minimal access surgery and key hole hysterectomy.	0300 7906190	01332 639977	DE
Amer, S Mr	Infertility, assisted reproduction, polycystic ovarian syndrome, minimal access and reproductive surgery.	0300 7906190	01332 639977	DE
Asher, V Mr	Keyhole surgery, laparoscopy and women’s health.	0300 7906190	01332 639977	DE
El-Khanagry, M Mr	General gynaecology, colposcopy and minimal access surgery.	0300 7906190	01332 639977	
Jayaprakasan, K Mr	Subfertility, reproductive endocrinology, endometriosis, menstrual problems, laparoscopic and hysteroscopic reproductive surgeries and assisted reproduction.	0300 7906190	01332 639977	DE
Lingam, K Mrs	General gynaecology with special interest in heavy periods, pelvic pain, endometriosis, fibroids, urogynaecology, including prolapse surgery and tension free tape for incontinence, minimal access surgery for endometriosis and hysterectomy and fibroids.	0300 7906190	01332 639977	
Tamizian, O Mr	Colposcopy, hysteroscopy and general gynaecology.	0300 7906190	01332 639977	DE
Haematology				
Ahmad, H Dr	Clinical haematology (blood disorders, leukaemia, lymphoma and myeloma) and thrombosis.	0300 7906190	01332 639977	B
Medical Oncology				
Chakraborti, P Dr	Urology, lung, GI tumours and breast sarcoma.	0300 7906190	01332 639977	DE
Das, P Dr	Clinical Oncologist.	0300 7906190	01332 639977	DE
Kulkarni, R Dr	Colorectal cancers, upper GI cancers, hepatobiliary and pancreatic cancers, neuroendocrine tumours and carcinoma of unknown primary.	01332 787792	01332 639977	DE
Persic, M Dr	Gynaecology, breast sarcoma and unknown primary lymphoma.	0300 7906190	01332 639977	DE
Vijayan, R Dr	Head and neck cancers, brain tumour, upper GI, hepatobiliary tumours and skin.	0300 7906190		DE
Neurology				
Bajaj, N Dr	Dementia, Parkinson’s disease and headaches.	07533 321741	01332 639977	
Neurophysiology				
Jain, R Dr	Nerve conduction studies and EMG, single fibre EMG study.	0300 7906190	01332 639977	
Sabbubeh, T Dr	Nerve conduction studies and electromyography (EMG).	07525 725427	01332 639977	N

Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
Ophthalmology				
Anandan, M Mr	Cataract and refractive surgery, minor lid procedures, ocular surface disease, cornea and anterior segment, glaucoma surgery and laser eye surgery.	0300 7906190	01332 639977	DE
Biswas, S Mr	Cataract surgery, glaucoma, medical and surgery management, laser treatment, both anterior and posterior segment.	0300 7906190	01332 639977	B
Gandhewar, R Mr	Cataracts, retinal disease, glaucoma, diabetic eye disease and macular degeneration.	0300 7906190	01332 639977	DE
Patel, M Mr	Medical retina, macular degeneration, diabetic eye disease, retinal vein occlusion, uveitis and cataract surgery.	0300 7906190	01332 639977	DE
Puri, P Mr	Cataract surgery, general ophthalmology including glaucoma and minor lid procedures, retinal diseases including macular degeneration, diabetic eye disease and uveitis.	0300 7906190	01332 639977	DE
Richardson, P Mr	Medical retina, AMD, diabetes and cataracts.	0300 7906190	01332 639977	B
Sharma, R Mr	General ophthalmology, anterior segment, ocular surface, dry eye, glaucoma and cataracts.	0300 7906190	01332 639977	B
Stevenson, L Prof	Oculoplastic and lacrimal surgery and cataract surgery.	0300 7906190	01332 639977	DE
Tildsley, J Mr	Glaucoma, cataracts, AMD, trabeculectomy and intravitreal injections.	0300 7906190	01332 639977	DE
Oral and Maxillofacial Surgery				
Jones, K Mr	Dentoalveolar and third molar surgery, oral implants, facial cosmetic procedures, treatment of soft tissue facial injuries and major ablative procedures for head.	01332 205500	01332 639977	DE
Laugharne, D Mr	Head and neck oncology, reconstructive surgery (benign and malignant), salivary gland disease, facial trauma, benign and malignant facial skin cancers and dentoalveolar surgery.	0300 7906190	01332 639977	DE
Orthopaedics				
Armstrong, D Mr	Hand and wrist surgeon.	0300 7906190	01332 639977	DE
Bhangoo, N Mr	Sports injuries, knee replacement, arthroscopy and knee ligament reconstruction.	0300 7906190	01332 639977	DE
Bindi, F Mr	Lower limb.	0300 7906190	01332 639977	B
Bommireddy, R Mr	Spinal surgery.	0300 7906190	01332 639977	DE
Calthorpe, D Mr	Spinal surgery (NHS only).	0300 7906190	01332 639977	DE





Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
Orthopaedics – continued				
Clamp, J Mr	Spinal surgery.	0300 7906190	01332 639977	DE
Clark, D Mr	Upper limb surgery.	01332 511506	01332 639977	DE
Cockshott, S Mr	Hip and knee replacements.	0300 7906190	01332 639977	DE
Cresswell, T Mr	Upper limb and hand surgery.	0300 7906190 07906 061772	01332 639977	DE
Duncan, N Mr	Foot and ankle surgery.	0300 7906190	01332 639977	DE
Espag, M Mr	Shoulder and elbow surgery.	0300 7906190 07979 638478	01332 639977	DE
Geutjens, G Mr	Sports injuries, knee replacements, arthroscopy and knee ligament reconstruction.	01332 511506	01332 639977	DE
Hayward, K Mr	Hip and knee arthroplasty, soft tissue knee surgery, forefoot surgery, general orthopaedic surgery including cubital tunnel surgery and carpal tunnel decompression.	0300 7906190	01332 639977	B
Heras-Palou, C Mr	Hand and wrist surgery.	0300 7906190	01332 639977	DE
Hutchinson, J Mr	Primary and revision hip replacement, young person’s hip replacement, primary knee replacement and sports injuries of the hip, groin and knee.	01332 511506	01332 639977	DE
Karagkevrekis, C Mr	Knee arthroscopy and general trauma.	01283 566333	01283 593039	B
Kitsis, C Mr	Hand and wrist surgery.	0300 7906190	01283 593039	B
Lewis, J Mr	Hip and knee surgery.	0300 7906190	01332 639977	DE
Lindau, T Prof	Hand and wrist surgery.	0300 7906190	01332 639977	DE
Mulay, S Mr	Lower limb arthroplasty, hip and knee replacement.	0300 790 6190	01283 593039	B
Pickering, S Mr	Lower limb arthroplasty, knee surgery and computer aided surgery.	0300 7906190	01332 639977	DE
Quah, C Mr	Hip and knee replacement and foot and ankle surgery.	0300 7906190	01332 639977	DE
Rajan, R Mr	Foot and ankle surgery.	0300 7906190	01332 639977	DE
Rowles, J Mr	Hip and knee replacements and foot and ankle surgery.	01332 674671	01332 674671	DE
Stephen, A Mr	Lower limb arthroplasty, hip and knee surgery including arthroscopy, hip resurfacing and hip revisions.	01335 370131	01332 639977	DE
Straw, R Mr	Knee replacement, arthroscopy, ligament reconstruction and sports knee injuries.	0300 7906190	01332 639977	DE

Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
Orthopaedics – continued				
Tambe, A Mr	Upper limb surgery and arthroscopy.	0300 7906190	01332 639977	DE
Utukuri, M Mr	Hip and knee replacement and knee arthroscopy.	0300 7906190	01332 639977	DE
Venkataraman, R Mr	Hip and knee replacement surgery and knee arthroscopy.	0300 7906190	01332 639977	B
Wilton, T Mr	Knee surgery, hip and knee replacements and revision surgery.	01332 296828	01332 348762	DE
Physiotherapy – Physiotherapy clinic opening times are by arrangement. Please telephone 0345 045 4845 for further information.				
Brown-Jackson, V Mrs	Gen-physio peripheral joints, gen-physio spinal, rehabilitation and inpatients.	See above		
John, S Mrs	Inpatient and neurological.			
Tjon, S Mr	Gen-physio peripheral joints, CBT spinal manipulation, rehabilitation, sports injuries and ergonomics.			
Tranter, K Miss	Inpatient physiotherapy.			
Walker, R Mrs	Gen-physio, peripheral joints, spinal and women’s health.			
Plastic and Cosmetic Surgery				
Daly, J Mr	Breast reduction and augmentation.	0300 7906190	01332 639977	N
Henley, M Mr	General plastic, reconstructive and aesthetic surgery, including facial rejuvenation (face, neck and brow-lift, blepharoplasty, fat transfer, dermabrasion and fillers), breast surgery (male and female augmentation, reduction, mastopexy and correction of inverted nipples), body contouring (abdominoplasty, liposuction, arm reduction and thigh lift), labial reduction, correction of prominent ears and skin lesions (adult and paediatric) and rhinoplasty.	0800 288 4777	01332 639977	N
Javaid, M Mr	Cosmetic breast surgery, breast augmentation, body contouring, post bariatric surgery, breast reconstruction, facelift, necklift, abdominoplasty, blepharoplasty and arm and thigh lift.	0300 7906190	01332 639977	
O’Brien, M Miss	Plastic and hand surgery, breast augmentation and reduction, tummy tucks, blepharoplasty, skin lesions and prominent ear correction.	0300 7906190	01332 639977	DE
Raurell, A Ms	General plastic surgery, cosmetic breast surgery (augmentation, reduction and mastopexy), breast asymmetry, body contouring (abdominoplasty, liposuction, arm reduction and thigh lift), labial reduction and breast reconstruction.	0300 7906190	01332 639977	N
Russell, P Mr	Hand surgery, breast reduction, augmentation and mastopexy.	01332 691391	01332 290480	DE





Consultant Name	Sub-speciality	Telephone	Fax	NHS Base
Private GP				
Sharma, T Dr	Consultations, prescriptions, medical reports and general GP services.	0300 7906190	01332 639977	DE
Psychiatry				
Okoye, O Dr	General adult psychiatry.	07894113115	01332 639977	DE
Sherman, M Dr	General psychiatry.	01332 367764	01332 341709	DE
Sudhakar, S Dr	General adult psychiatry.	07742541794	01332 639977	DE
Psychology				
Laher, A Dr	Anxiety, depression, PTSD, adjustment disorder, pain management, work related stress, personal injury and psychosexual dysfunction.	0116 2129995	01332 639977	DE
Levee, A Dr	Psychotherapy.	07905 195157	01332 639977	DE
Sahota-Dhillon, R Miss	Counselling psychologist.	0300 7906190	01332 639977	DE
Rheumatology				
Das, S Dr	General rheumatology.	0300 7906190	01332 639977	DE
Laxminarayan, R Dr	Inflammatory and non-inflammatory joint and soft tissue conditions, vasculitis, metabolic bone disease and osteoporosis.	0300 7906190	01332 639977	B
Raj, N Dr	General rheumatology.	0300 7906190	01332 639977	DE
Urology				
Ahmad, M S Mr	Urology cancer, male and female incontinence, expert in complex renal stones diseases.	0300 7906190	01332 639977	BI
Henley, M Mr	Urology.	0300 7906190	01332 639977	DE
Peracha, A Mr	Endourology, uro-oncology and reconstructive urology, female urology and andrology.	0300 7906190	01332 639977	DE
Singh, S Mr	Uro-oncology and general urology.	0300 7906190	01332 639977	DE
Zafar, N Mr	General urology, renal cancer, general core urology/sexual health, urological surgery for prostate and renal cancer.	0300 7906190	01332 639977	DE







## 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](https://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](https://nuffieldhealth.com/health-assessments)

## Physiotherapy

Our hospital is home to a specialist physiotherapy centre, providing a full range of musculoskeletal services delivered by quality practitioners using leading-edge technology. Our team are listed in the physiotherapy section of this directory.

[nuffieldhealth.com/physiotherapy](https://nuffieldhealth.com/physiotherapy)

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](https://nuffieldhealth.com/mental-health-support)







## Associated services cont.

### Diagnostic imaging services

We have comprehensive imaging capabilities including:

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

[nuffieldhealth.com/healthcare-professionals/diagnostic-and-specialist-services](https://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](https://nuffieldhealth.com/healthcare-professionals/services/pathology)

### Hospital sterile services unit (HSSU)

Our HSSU offers a bespoke decontamination service for re-useable surgical instruments from seven purpose built units throughout England. Our team can offer advice on decontamination for your surgery.

[nuffieldhealth.com/healthcare-professionals/services/hssu](https://nuffieldhealth.com/healthcare-professionals/services/hssu)

### 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](https://nuffieldhealth.com/healthcare-professionals/events-for-gps)





## 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](https://247.nuffieldhealth.com)

To find your local fitness and wellbeing centre, visit [nuffieldhealth.com/fitness](https://nuffieldhealth.com/fitness)



### Nuffield Health Derby Fitness & Wellbeing gym

Derbyshire County Cricket Club, Nottingham Road, Derby DE21 6DA  
01332 287900 [nuffieldhealth.com/gyms/derby](https://nuffieldhealth.com/gyms/derby)

### 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.

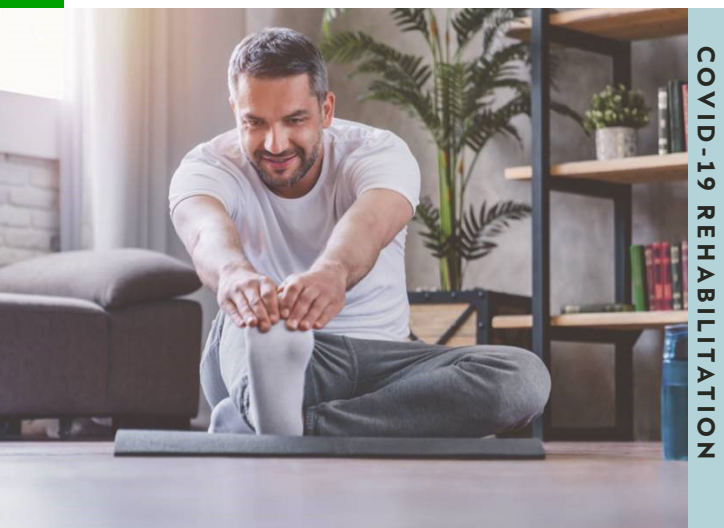
[nuffieldhealth.com/NHS](https://nuffieldhealth.com/NHS)





# 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](https://nuffieldhealth.com/covidrehab)



Visit our website [nuffieldhealth.com/healthcare-professionals](https://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](https://nuffieldhealth.com) to learn more.

To refer your patients visit [nuffieldhealth.com/healthcare-professionals/patient-referrals](https://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.

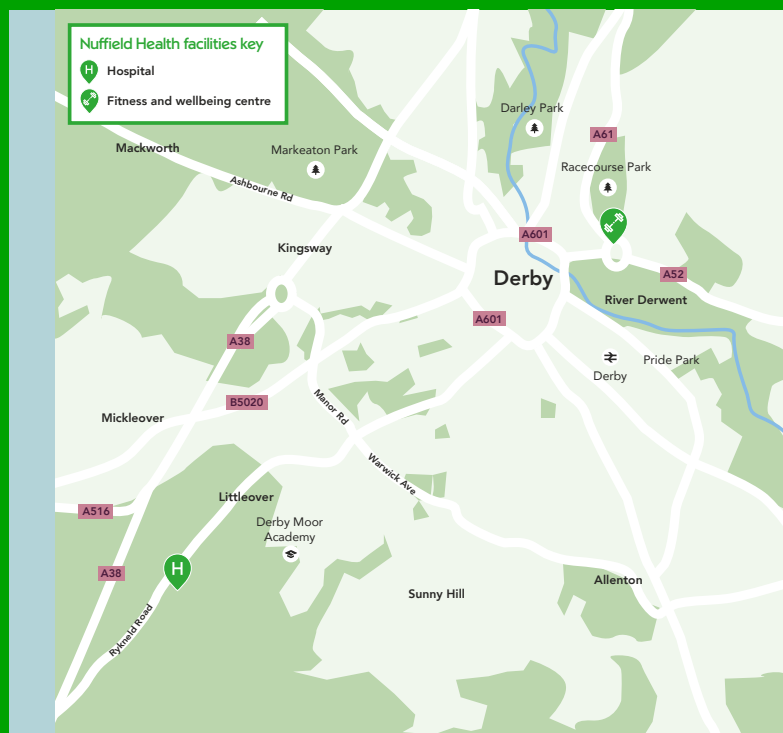
The COVID-19 pandemic has presented all of us with new challenges, and our purpose of building a healthier nation has never been more important. In 2020 and 2021, we proudly made our 31 hospitals available to the NHS, and so far, we've treated over 270,000 NHS patients during the pandemic.

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](https://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

### Customer services

Call **0300 7906190** | eFax **01332 639977**

### Hospital director

Call **01332 540121**

### Hospital matron

Call **01332 540100**

### Inpatient referrals

Call **01332 540112** | eFax **01332 639935**

### Outpatient referrals

Call **0300 7906190** | eFax **01332 639977**

### Physiotherapy

Call **0345 0454845** or **01332 540117**  
eFax **01332 639932**

### Radiology

Call **01332 540116** | eFax **01332 639970**

### Reception

Call **01332 540100** | eFax **01332 639913**



**Nuffield Health Derby Hospital**  
Rykneld Road, Littleover, Derby DE23 4SN



Call **0300 7906190**