

Specialists in you.



Consultant and services directory 2019.

Nuffield Health Ipswich Hospital



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Consultant and services directory 2019.

Within our consultant and services directory, you will find an overview of our core clinical services, a directory of our consultants and an easy reference guide for patients.



01473 279123 
ipswich.enquiries@nuffieldhealth.com 
nuffieldhealth.com/hospitals/ipswich 

Address for referrals
Nuffield Health Ipswich Hospital
Foxhall Road, Ipswich, Suffolk IP4 5SW

Welcome to Nuffield Health Ipswich Hospital.

Welcome to a healthcare provider with a difference

As one of the UK's leading not-for-profit healthcare organisations, we've been looking after people for more than 60 years. Today, we continue to put people before profit, working in partnership with the NHS to benefit the community as a whole.

How we do it: by bringing together our hospitals, clinics and Fitness & Wellbeing clubs to create a complete network of health services that are built around the individual. Our goal: to get your patients fit and healthy... and then help them stay that way.

Because we have no shareholders, we invest all our profits back into improving the health and wellbeing services we offer. We can do this because we're a trading charity, so we have no shareholder demands to meet. Instead, our focus is on the patients we treat – putting their wellbeing first in everything we do.

Everything you need to know

We know your job is time consuming – that's why we want to make referring your patients as easy as possible for you. This directory is designed to help you do just that, and contains all the essential information you'll need in terms of the core clinical services we offer and where we offer them. You will also find a full directory of our consultants too.

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:

- Self-funded
- Insured

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 who are paying for themselves

For patients who want to fund for their own treatment we can provide a range of services. All our patients are covered by the Nuffield Health Promise, and there is also the option of an interest-free loan.



Main referral line.

📞 01473 279123

📠 01473 279112

✉ ipswichnuffield.referrals@nhs.net

Nuffield Health Ipswich Hospital
Foxhall Road, Ipswich, Suffolk IP4 5SW



GP Education Programme.

Our free GP Education Programme is a great, easily accessible way to fulfil your CPD requirements. All sessions are free and are all CPD-accredited and catered for.

Lunch and Learns – these sessions can be delivered on-site at your surgery and cover 15 specialisms.

Evening education at Nuffield Health Ipswich Hospital – held on a monthly basis and presented by multi-disciplinary consultant colleagues where appropriate, these lively and interactive sessions cover a range of surgical and non-surgical topics.

For information on events taking place at Nuffield Health Ipswich Hospital please visit our website, telephone 07342 059 520 or email henry.tapp@nuffieldhealth.com.

Please get in touch if there are any topics your clinicians are especially interested in. If a consultant or topic isn't listed that you would like, please feel free to ask and we can explore for you.



Meet your GP liaison contact

GP education and liaison at Nuffield Health Ipswich Hospital is managed by Henry Tapp, an established member of the team now for over two years. Henry's primary focus is on ensuring effective working relationships with consultants and GPs and working with the healthcare community to facilitate exceptional service levels and rapid access for patients.

Nuffield Health Ipswich Hospital
Foxhall Road, Ipswich, Suffolk IP4 5SW

Discover Nuffield Health Ipswich Hospital.

Key facilities

Medical cover
24hr resident medical officer.

Patient accommodation
Registered with the CQC for 60 residential patient rooms with en-suite facilities, nurse call system, direct dial telephone, TV, Wi-Fi and radio.

Theatre and support services
5 operating theatres including 2 major theatres with laminar flow and 1 minor operating theatre.

Outpatient services
Including:

- 15 private consulting rooms and two treatment rooms
- Dental
- ENT
- Exercise treadmill testing
- Ophthalmology
- Health screening
- Nurse-led pre-assessment
- Diagnostic imaging
- Physiotherapy
- Pharmacy



Consultant directory and services.

NHS base list

| | |
|-------|---------------------------------------------------------------|
| ES&NE | East Suffolk and North Essex NHS Foundation Trust |
| KINGS | King's College Hospital NHS Foundation Trust |
| N&N | Norfolk and Norwich University Hospitals NHS Foundation Trust |
| WS | West Suffolk Hospital NHS Foundation Trust |
| PA | Papworth Hospital NHS Foundation Trust |



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

| Consultant Name | Sub Speciality | Telephone | Fax | NHS Base |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------|----------|
| Breast Surgery | | | | |
| Aitken, Jane Miss | Breast oncoplastic surgery. | 01473 279123 | 01473 279112 | WS |
| Garg, Neeraj Mr | Breast surgery (benign and cancer), oncoplastic surgery and gynaecomastia. | 01473 279123 | 01473 279112 | KINGS |
| Marsh, Simon Mr | Breast surgery (benign and malignant conditions), groin and hernia, especially sportsman's groin, local anaesthetic minor surgery, lumps and bumps. | 07714 277220 | | ES&NE |
| Mortimer, Caroline Miss | Breast surgery. | 01473 279123 | 01473 279112 | ES&NE |
| Cardiology | | | | |
| Fynn, Simon Dr | Cardiology. | 01473 279123 | 01473 279112 | PA |
| McNab, Duncan Dr | All cardiology conditions, sub-specialising in the management of chest pains and heart attacks by angiography and stent implantation. | 01473 279123 | 01473 279112 | PA |
| Razvi, Naveed Dr | Cardiology. | 01473 279123 | 01473 279112 | ES&NE |
| Read, Philip Dr | Cardiology including coronary angiography, angioplasty and stenting. | 01473 279123 | 01473 279112 | ES&NE |
| Venables, Paul Dr | Cardiology. | 01473 279123 | 01473 279112 | ES&NE |
| Clinical Oncology | | | | |
| Mukesh, M B Dr | Oncological management of breast cancer, skin cancer including metastatic melanoma, pancreatic cancer and carcinoma of unknown primary. | 01473 279123 | 01473 279112 | ES&NE |
| Scrase, Christopher Dr | Oncological management of urological, head and neck, thyroid and skin malignancies with radiotherapy and chemotherapy agents. | 07531 232572 | 01473 279112 | ES&NE |
| Venkitaraman, Ramachandran Dr | Oncology, managing breast cancer, urology cancers with chemotherapy and radiotherapy. | 07535 705621 | 01473 279112 | ES&NE |
| Dermatology | | | | |
| Hubbard, Virginia Dr | Diagnosis of all skin diseases including moles and other skin lesions, acne and rosacea, cryosurgery and removal of skin lesions. | 01473 279123 | 01473 279112 | ES&NE |
| Shuttleworth, David Dr | Skin cancer, melanoma, dermatological surgery, inflammatory skin disease and diagnostic problems. | 01473 279123 | 01473 279112 | |
| Dietetics | | | | |
| Taylor, Deborah Mrs | Therapeutic diets, nutrition support and dietetic management of long term conditions. | 01473 279123 | 01473 279112 | ES&NE |

| Consultant Name | Sub Speciality | Telephone | Fax | NHS Base |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------|----------|
| Ear, Nose and Throat (ENT) | | | | |
| Hilger, Andreas Mr | Head and neck surgery, rhinology, thyroid surgery, voice and swallowing disorders. | 01473 279123 | 01473 279112 | ES&NE |
| Salam, Mahmoud Mr | Nose and sinus surgery, balloon sinuplasty, rhinoplasty, otology, voice and swallowing disorders. | 01473 279123 | 01473 279112 | ES&NE |
| Yung, Matthew Mr | Otology, rhinology, lacrimal surgery, balance and dizziness. | 01473 279123 | 01473 279112 | ES&NE |
| Gastroenterology | | | | |
| Gavin, Daniel Dr | Endoscopy, inflammatory bowel disease, irritable bowel syndrome and dyspepsia. | 01473 279123 | 01473 279112 | ES&NE |
| Jamieson, Crawford Dr | Gastroenterology, general medicine and hepatology. | 01473 279123 | 01473 279112 | ES&NE |
| Miao, Yin Dr | Luminal disease such as IBD, nutrition and therapeutic endoscopy. | 01473 703188 | 01473 702123 | ES&NE |
| Mohsen, Abdul Dr | Gastroenterology, general medicine and hepatology and therapeutic endoscopy. | 01473 279123 | 01473 279112 | ES&NE |
| Williams, Simon Dr | Therapeutic endoscopy, luminal gastroenterology and hepatology. | 01473 279123 | 01473 279112 | ES&NE |
| General Medicine | | | | |
| Ande, Praveen Dr | Renal medicine, complex hypertension. | 01473 704168 | 01473 704117 | ES&NE |
| Camilleri, Brian Dr | Nephrology. | 01473 279123 | 01473 279112 | ES&NE |
| Glancey, Gerald Dr | Nephrology. | 01473 279123 | 01473 279112 | ES&NE |
| Innes, Nicholas Dr | Respiratory medicine and general medicine. | 01473 279123 | 01473 279112 | ES&NE |
| Morris, Damian Dr | Endocrinology, diabetes and general medicine. | 01473 279123 | 01473 279112 | ES&NE |
| General Surgery | | | | |
| Abu-own, Abdusalam Mr | Vascular surgery: varicose veins (surgery, radiofrequency and foam), arterial disease, aneurysms and carotid disease. General surgery: hernia repair, lump excision and laparoscopic cholecystectomy. | 01473 279123 | 01473 279112 | ES&NE |
| Aitken, Jane Miss | Breast oncoplastic surgery. | 01473 279123 | 01473 279112 | WS |
| Choksy, Sohail Mr | Minimally invasive varicose vein treatments, endovascular aneurysm repair, peripheral artery disease, hernia repair and excision of lipomas/sebaceous cysts. | 01206 842949 | 01206 842949 | ES&NE |
| Crabtree, Michael Mr | Colorectal surgery, general surgery, hernia laparoscopic surgery, inflammatory bowel disease, colonoscopy, fistula and hernia. | 01473 279139 | 01473 279137 | ES&NE |
| Garg, Neeraj Mr | Breast surgery (benign and cancer), oncoplastic surgery and gynaecomastia. | 01473 279123 | 01473 279112 | KINGS |
| Groot-Wassink, Thomas Mr | Laparoscopic surgery and parathyroid surgery. | 01473 279123 | 01473 279112 | ES&NE |
| Malik, Ali Mr | General and colorectal surgery. | 01473 279123 | 01473 279112 | ES&NE |

| Consultant Name | Sub Speciality | Telephone | Fax | NHS Base |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------|----------|
| General Surgery – <i>continued</i> | | | | |
| Malik, Arshad Mr | Colorectal cancer care, laparoscopic surgery, pelvic floor, IBD, colonoscopy, haemorrhoids, fistula, gallbladder and hernia management. | 01473 279123 | 01473 279112 | ES&NE |
| Marsh, Simon Mr | Breast surgery, benign and malignant conditions, groin and hernia, especially sportsman’s groin, local anaesthetic minor surgery, lumps and bumps. | 07714 277220 | | ES&NE |
| Morgan, Amir Mr | Colorectal and general and laparoscopic GI surgery, endoscopy, colorectal cancer, IBD, ano-rectal, gallbladder and hernias. | 01473 279123 | 01473 279112 | ES&NE |
| Mortimer, Caroline Miss | Breast surgery. | 01473 279123 | 01473 279112 | ES&NE |
| Pitt, James Mr | General and colorectal surgery. | 01473 279123 | 01473 279137 | ES&NE |
| Sinclair, Martin Mr | Upper gastrointestinal, hepatopancreaticobiliary, endoscopy and laparoscopic surgery. | 01473 279123 | 01473 279112 | ES&NE |
| Youssef, Fahed Mr | General surgery and laparoscopy, hernias, gallstones, abdominal pain, haemorrhoids and benign skin lumps. | 01473 279123 | 01473 279112 | ES&NE |
| Geriatric Medicine | | | | |
| Alam, Sajid Dr | Geriatrics and stroke, particularly comprehensive geriatric assessment and young stroke and general internal medicine. | 01473 279123 | 01473 279112 | ES&NE |
| Awais, Shazia Dr | Geriatric medicine. | 01473 279123 | 01473 279112 | ES&NE |
| GP and Cosmetic Doctor | | | | |
| Smith, Bella Dr | Hyperhidrosis, sclerotherapy of thread veins and treatment for facial wrinkles. | 01473 279123 | 01473 279112 | |
| Gynaecology | | | | |
| Leather, Andrew Mr | General gynaecological complaints, specific interest in prolapse and incontinence. | 01473 279123 | 01473 279112 | ES&NE |
| Rufford, Barnaby Mr | Gynaecological oncology, minimal access surgery, endometriosis and general gynaecology. | 01473 279123 | 01473 279112 | ES&NE |
| Sharma, Rohit Mr | General gynaecology, pelvic floor surgery, minimally invasive surgery, infertility advice, pelvic pain and endometriosis. | 01473 279123 | 01473 279112 | ES&NE |
| Neurology | | | | |
| Brierley, Charlotte Dr | Multiple sclerosis and neuromuscular disorders, headaches and Parkinson’s disease. | 01473 279123 | 01473 279112 | ES&NE |
| Manji, Hadi Dr | Headache, dizziness, tremor and Parkinson’s disease, multiple sclerosis, stroke, dementia, peripheral nerve and muscle disorders. | 01473 279123 | 01473 279112 | ES&NE |
| Wroe, Stephen Dr | Epilepsy, dizziness, migraine and headache, multiple sclerosis, Parkinson’s disease, memory impairment and dementia. | 01473 279123 | 01473 279112 | |

| Consultant Name | Sub Speciality | Telephone | Fax | NHS Base |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------|----------|
| Ophthalmology | | | | |
| Bassily, Ramy Mr | Cataract surgery and management of complex cataracts, dry eye disease, allergic eye disease, keratoconus and corneal dystrophies. | 01473 279123 | 01473 279112 | ES&NE |
| Goble, Richard Mr | Vitreoretinal and cataract surgery. | 01473 279123 | 01473 279112 | ES&NE |
| Hardman-Lea, Simon Mr | Cataract and complex lens surgery, ocular surface disease, lacrimal surgery and squint surgery. | 01473 279123 | 01473 279112 | ES&NE |
| Vayalambrone, Deepak Mr | Cataract surgery (including complex cataracts), vitreoretinal surgery, intravitreal injections, diabetic eye disease and other retinal diseases. | 01473 279123 | 01473 279112 | ES&NE |
| Oral and Maxillofacial Surgery | | | | |
| Davies, Huw Mr | Facial deformity, oral surgery, orofacial cancer, implants and temperomandibular disorder. | 01473 279123 | 01473 279112 | ES&NE |
| Orthopaedics | | | | |
| Al-Nammari, Shafic Mr | Foot and ankle surgery with particular interest in bunions and lesser toe problems, sports injuries, flat foot and ankle arthritis including ankle replacement. | 01473 217592 | 01473 286646 | ES&NE |
| Baxandall, Richard Mr | Hip and knee replacement and knee arthroscopy. | 01473 279123 | 01473 279112 | ES&NE |
| Bhagat, Shaishav Mr | Spinal surgery, including degenerative disorders, tumors, infections, deformities and sports injuries. | 01473 279146 | 01473 279147 | ES&NE |
| Bowditch, Mark Mr | Knee surgery, sports arthroscopy and ligament reconstruction, knee replacement, foot and ankle surgery. | 01473 279123 | 01473 279112 | ES&NE |
| Carlile, Graeme Mr | Gait abnormalities, leg pain, foot and ankle surgery and medicolegal. | 01473 279123 | 01473 279112 | ES&NE |
| Kaleel, Saajid Mr | Spinal surgery. | 01473 279146 | 01473 279147 | ES&NE |
| Lovell, Robert Mr | Spinal surgery. | 01473 217592 | 01473 286646 | ES&NE |
| Martin, Christopher Mr | Lower limb surgery, hip and knee primary and revision arthroplasty and knee arthroscopy. | 01473 279123 | 01473 279112 | ES&NE |
| Powell, John Mr | Disorders of the spine and spinal injections. | 01473 279146 | 01473 279147 | ES&NE |
| Pryke, Steven Mr | Lower limb surgery, hip and knee replacement, primary and revision hip and knee replacement and knee arthroscopy. | 01473 279123 | 01473 279112 | ES&NE |
| Roberts, Christopher Mr | Upper limb surgery, arthroscopic shoulder surgery and total shoulder replacements. | 01473 279123 | 01473 279112 | ES&NE |
| Shanahan, Michael Mr | Hand surgery, including wrist and elbow. | 01473 279123 | 01473 279112 | ES&NE |
| Pain Management | | | | |
| Ragheb, Amgad Dr | Pain management. | 01473 279170 | 01473 279181 | ES&NE |
| Rahman, Kaiser Dr | Pain management. | 01473 279170 | 01473 279181 | ES&NE |

| Consultant Name | Sub Speciality | Telephone | Fax | NHS Base |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------|--------------|----------|
| Physiotherapy – Clinic opening times are by arrangement. Please telephone 0345 045 4845 for further information. We now run an exercise class for anyone who wishes to attend, please contact the physiotherapy department for details on 01473 279136 . | | | | |
| Anderson, Jill Mrs | Inpatients. | See above. | | |
| Aysakova, Teodora Mrs | Spinal and peripheral. | | | |
| Godzinski, Kristof Mr | Spinal and peripheral. | | | |
| Oakley-Pugh, Fleur Mrs | Spinal, peripheral and acupuncture. | | | |
| Race, Claire Mrs | Physiotherapy Manager – spinal peripheral, acupuncture, hand and wrist. | | | |
| Wilshaw, Susan Mrs | Inpatients. | | | |
| Wylie, Adele Mrs | Spinal and peripheral. | | | |
| Yardy, Finula Mrs | Inpatients. | | | |
| Plastic and Cosmetic Surgery | | | | |
| Georgeu, Garrick Mr | Aesthetic plastic surgery. | 01473 279123 | 01473 279112 | |
| Moncrieff, Marc Professor | Plastic and reconstructive surgery, skin cancer surgery, sentinel node biopsy and cosmetic surgery. | 01473 279123 01508 471135 | 01473 279112 | N&N |
| Viswanathan, Narayanan Mr | Plastic surgery, skin oncology and reconstruction, head and neck reconstruction. | 01473 279123 | 01473 279112 | ES&NE |
| Podiatry | | | | |
| Halford, Dale Mr | Foot surgery including bunions, toe straightening, joint replacements, neuroma, heel pain, injections, arthritis and nail surgery. | 01473 279123 | 01473 279112 | |
| Wareham, Campbell Dr | Foot and ankle surgery, heel pain, bunions, neuroma pain, toenail infection, ankle arthroscopy and flat foot surgery. | 01473 279123 | 01473 279112 | |
| Psychiatry | | | | |
| Bellhouse, John Dr | Adult psychiatry. | 01473 279123 | 01473 279112 | ES&NE |
| Muthalif, Shafy Dr | Adult psychiatry, adult eating disorders and personality disorders. | 01473 279123 | 01473 279112 | |
| Elayaperumal, Ramanathan Dr (Dr Ram) | General psychiatry, anxiety, dispersion, bipolar, OCD and PTSD, psychosis. | 07384 460730 | 01473 279112 | ES&NE |
| Stacey, Suzanne Dr | Old age psychiatry and dementia. | 01473 279123 | 01473 279112 | ES&NE |
| Psychology | | | | |
| Oelofsen, Natius Dr | Clinical psychology, CBT, anxiety, depression, brain injury, autism, ADHD and neuropsychological assessment. | 01473 279123 | 01473 279112 | |
| Smyth, David Mr | Psychotherapy and mind and body therapy. | 01473 279123 | 01473 279112 | |

| Consultant Name | Sub Speciality | Telephone | Fax | NHS Base |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------|----------|
| Radiology | | | | |
| Basu, Avijit Dr | Diagnostics. | 01473 279134 | 01473 279135 | ES&NE |
| Davis, Warren Dr | Diagnostics. | 01473 279134 | 01473 279135 | ES&NE |
| Froud, Ilyena Dr | Diagnostics. | 01473 279134 | 01473 279135 | ES&NE |
| Garber, Steven Dr | Diagnostics. | 01473 279134 | 01473 279135 | ES&NE |
| Jennings, Paul Dr | Diagnostics. | 01473 279134 | 01473 279135 | ES&NE |
| Rao, Sarita Dr | Diagnostics. | 01473 279134 | 01473 279135 | ES&NE |
| Smith, Simon Dr | Diagnostics. | 01473 279134 | 01473 279135 | ES&NE |
| Vargas, Alfredo Dr | Diagnostics. | 01473 279134 | 01473 279135 | ES&NE |
| Respiratory | | | | |
| Innes, Nicholas Dr | Respiratory medicine and general medicine. | 01473 279123 | 01473 279112 | ES&NE |
| Rheumatology | | | | |
| Clunie, Gavin Dr | Rheumatology, musculoskeletal problems and osteoporosis. | 01473 279139 | 01473 279137 | ES&NE |
| Watts, Richard Professor | Rheumatology, inflammatory arthritis, connective tissue diseases and vasculitis. | 01473 279123 | 01473 279112 | ES&NE |
| Weerakoon, Anita Dr | Inflammatory arthritis, osteoporosis and general rheumatology. | 01473 279123 | 01473 279112 | ES&NE |
| Urology | | | | |
| Banerjee, Gautam Mr | Male and female urinary tract problems and general urology, specialises in treatment of kidney stones using laser with minimally invasive techniques, treatment of kidney, bladder and prostate cancer, laser (HoLEP) for prostate symptoms and laparoscopy. | 01473 279123 | 01473 279112 | ES&NE |
| Brierly, Robert Mr | Prostate and bladder cancer, male and female urinary disorders including infection, bladder pain and incontinence surgery, erectile dysfunction, BPH and stones and chronic pelvic pain syndromes. | 01473 279123 | 01473 279112 | ES&NE |
| Yardy, George Mr | General urology, prostate conditions, female urology and vasectomy reversal. | 01473 279123 | 01473 279112 | ES&NE |



Clear and simple pricing.

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.

OUR PRICES ARE ALL-INCLUSIVE*

The confirmed price is all your patient will ever pay.

WE WILL EQUAL ANY COMPARABLE PRICE**

If they find a better price for the same procedure package, we’ll match it.

THERE ARE NO TIME LIMITS ON AFTERCARE***

We’ll be there for as long as they need us.

*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. Find out more at nuffieldhealth.com/promise.

Associated services.

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.

With four options to choose from, patients have the choice of picking an assessment that meets their needs, with all of the following coming as standard:

- Results given straight away
- Personalised report with test results and next steps
- 10-day gym trial to start the journey towards improved health*
- Quick and easy referrals (if needed)

Progress Plus at Ipswich

Progress Plus is a unique service provided at Nuffield Health Ipswich Hospital for patients having total hip and knee replacement. The service offers an enhanced recovery programme once patients have finished their post-operative care.

Once outpatient physiotherapy is completed patients can benefit from:

- Three months access to the physiotherapy gym space and equipment during timed sessions for unsupervised exercise.
- An initial review with a physiotherapist to create an individual exercise programme based on personal activity goals, then a further review at 12 weeks to monitor progress.
- An opportunity to speak with the physiotherapist during the first 30 minutes of each time session, plus physiotherapy assistant support.

This enables patients to get stronger, fitter and more confident to stay healthy in the future.

*Nearest Nuffield Health Fitness & Wellbeing clubs are located at Chelmsford and Norwich



Recovery Plus

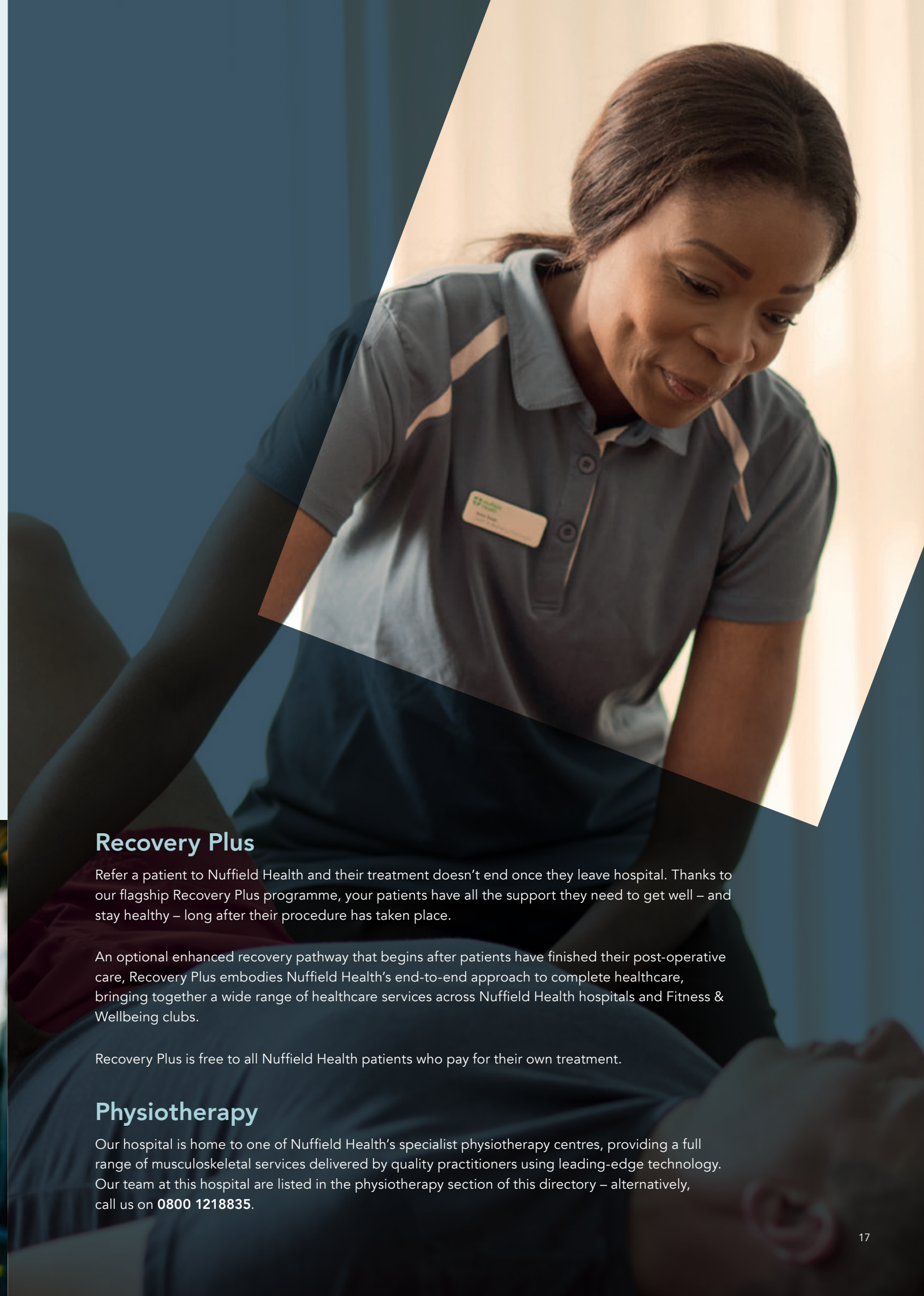
Refer a patient to Nuffield Health and their treatment doesn't end once they leave hospital. Thanks to our flagship Recovery Plus programme, your patients have all the support they need to get well – and stay healthy – long after their procedure has taken place.

An optional enhanced recovery pathway that begins after patients have finished their post-operative care, Recovery Plus embodies Nuffield Health's end-to-end approach to complete healthcare, bringing together a wide range of healthcare services across Nuffield Health hospitals and Fitness & Wellbeing clubs.

Recovery Plus is free to all Nuffield Health patients who pay for their own treatment.

Physiotherapy

Our hospital is home to one of Nuffield Health's specialist physiotherapy centres, providing a full range of musculoskeletal services delivered by quality practitioners using leading-edge technology. Our team at this hospital are listed in the physiotherapy section of this directory – alternatively, call us on **0800 1218835**.



Diagnostic imaging services

Nuffield Health has comprehensive imaging capabilities delivered through our 31 hospitals. We provide a wide range of imaging modalities including MRI, CT, X-ray, Ultrasound, Mammography and DXA. Our consultant-led service ensures that your referral will be reported by an experienced radiologist.

Current diagnostic services available at Nuffield Health Ipswich Hospital include:

- MRI (static)
- CT (static)
- General X-ray
- Ultrasound: general
- Digital mammography
- DXA scanning
- Fluoroscopy
- Dental

Belinda Laffling
Imaging Manager
01473 279134



Pathology

Nuffield Health has 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. All pathology requests require a referral from a clinician.

Claire Smith
Pathology Manager
01473 277590

Hospital sterile services unit (HSSU)

Nuffield Health's HSSU offers a bespoke decontamination service for re-useable medical devices (surgical instruments) from six purpose built units throughout England, with access to fully supported and expert mobilisation and transition planning.

Annette Barratt
Business Development Manager – HSSU
07917 194706

Key department contacts.

Outpatient bookings
Call **01473 279123**
Fax **01473 279112**
ipswichnuffield.referrals@nhs.net

Pathology
Call **01473 277590**

Physiotherapy – new patients
Call **0870 2700870**

Physiotherapy – follow-up
Call **0345 0454845**

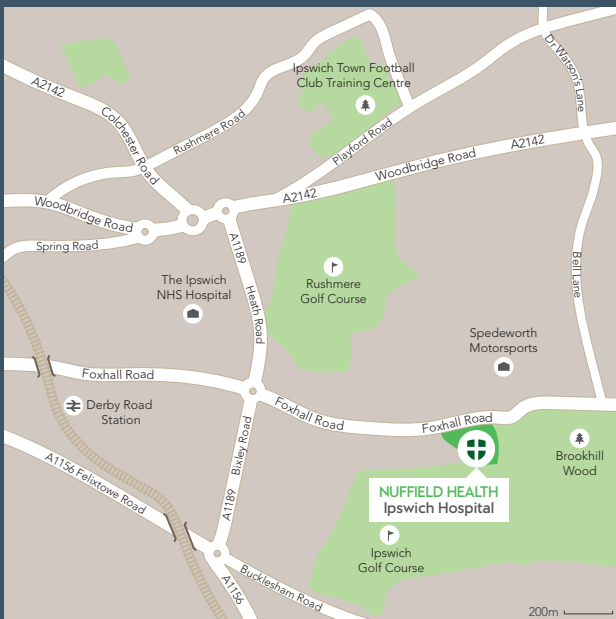
Diagnostic imaging
Call **01473 279134**
Fax **01473 279135**
belinda.laffling@nuffieldhealth.com

Self-pay enquiry handler
Call **01473 279179**
ipswich.enquiries@nuffieldhealth.com

Switchboard
Call **01473 279100**

Hospital director
Call **01473 279100 ext. 275**
ian.milne@nuffieldhealth.com

Matron
Call **01473 279104**
sam.bower@nuffieldhealth.com



How to find us.

Nuffield Health Ipswich Hospital
Foxhall Road, Ipswich, Suffolk IP4 5SW

-  **01473 279123**
-  **01473 279112**
-  ipswich.enquiries@nuffieldhealth.com
-  nuffieldhealth.com/hospitals/ipswich