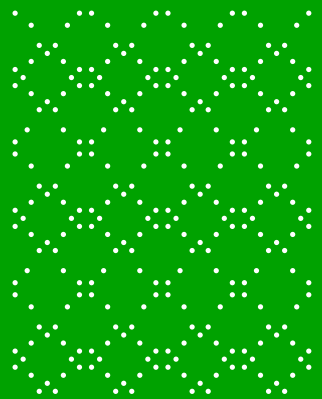


Consultant and services directory 2021/22

Nuffield Health Plymouth 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.

Healthcare Account Manager
Jane Sargeant
jane.sargeant@nuffieldhealth.com
07770 934110

Nuffield Health Plymouth Hospital
Derriford Road, Plymouth,
Devon PL6 8BG
nuffieldhealth.com/hospitals/plymouth

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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.

*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 England guidance and are implemented by the Nuffield Health infection prevention team.



Key facilities at Nuffield Health Plymouth Hospital

Medical cover

24hr resident medical officer.

Patient accommodation

33 residential rooms, 1x4 bedded bay, ward nurse call system, direct dial telephone, TV and radio.

Theatre and support services

Three operating theatres including:

- ◆ Two major theatres with Howorth Exflow™ system
- ◆ One high-definition digital theatre for surgical procedures
- ◆ One minor operating unit for surgical procedures
- ◆ JAG accredited endoscopy unit.



Outpatient services

Including:

- ◆ 12 consulting rooms
- ◆ Ophthalmic suite
- ◆ ENT suite
- ◆ Minor ops suite
- ◆ Physiotherapy
- ◆ Pharmacy
- ◆ Pathology
- ◆ Optometrist
- ◆ Sound booth
- ◆ Diagnostics
- ◆ Radiology including MRI
- ◆ CT
- ◆ New Zealand, Australian and Canadian visa services.



Consultant and services directory

NHS base – abbreviations

DFD	Derriford Hospital
MG	Mount Gould Hospital
RD	Royal Devon and Exeter
SDHCT	South Devon Healthcare trust
RCHT	Royal Cornwall Hospital Treliske



Visit 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	Email	NHS Base
Anaesthetics (Pain Management)				
Luscombe, F Dr	Chronic pain.	07927 739383	plymouth.enquiries@nuffieldhealth.com	DFD
Green, C Dr	Chronic pain.	01752 544849	plymouth.enquiries@nuffieldhealth.com	DFD
Anaesthesia				
Plymouth Anaesthesia	All aspects of anaesthesia.	01752 777667		DFD
Audiology				
Harris, S Mr	Audiology.	01752 761820	denise.willson@nuffieldhealth.com	DFD
Breast Surgery				
Ferguson, D Mr	Breast surgery.	01752 761820	denise.willson@nuffieldhealth.com	EXE
Cardiology				
Burrell, C Dr	Coronary angiograms and intervention, heart failure and hypertension.	01752 773343	wendy.pryke@nhs.net	
Davies, E Dr	Atrial fibrillation, pacemakers, cardiac resynchronisation therapy, ICDs, heart failure, cardiomyopathy, blackouts and syncope.	01752 433195	christine.demmer@nhs.net	DFD
Haywood, G Dr	Cardiac arrhythmias, heart failure therapies and general cardiology.	01752 761824	plymouth.enquiries@nuffieldhealth.com	DFD
Sarkar, D Dr	General cardiology, coronary angiograms and intervention and ACHD.	01752 773343	wendy.pryke@nhs.net	DFD
Suresh, V Dr	General cardiology.	07789 869649	penny.punch@nhs.net	DFD
Viswanathan, G Dr	Coronary artery disease, coronary chronic total occlusion intervention and cardiovascular risk factor management.	01752 439235	rachel.lyndon@nhs.net	DFD
Dietetics				
Pritchard, L Miss	Food sensitivities, food recipes, gut health, healthy eating, lifestyle, behaviour, wellness and weight management.	07747 635358	plymouth.enquiries@nuffieldhealth.com	DFD
Dermatology				
Chave, T Dr	Skin cancer, dermatological surgery for skin cancer and benign lesions.	01752 773343	julie.trevethan@nuffieldhealthpartners.com	DFD
Wilkinson, C Dr	Skin cancer, dermatological surgery for skin cancer and benign lesions.	01752 977206 01752 977265	leanne.kent@nhs.net	DFD

Consultant Name	Sub-speciality	Telephone	Email	NHS Base
Endocrinology				
Clayton, D Dr	Endocrinology and diabetes.	07875 432194	silke.russell@nhs.net	DFD
Pinkney, J Prof	Professor of Medicine, diabetes and endocrinology.	07789 869649	penny.punch@nhs.net	DFD
Ear, Nose and Throat (ENT)				
Abo-Khatwa, M Mr	Rhinology, snoring, nasal and sinus surgery and general ENT.	01752 761820	denise.willson@nuffieldhealth.com	RD
Khalil, H Prof	Rhinology, facial plastics and general ENT.	01752 761822	clare.hynes@nuffieldhealth.com	DFD
Malik, T Mr	Head and neck disorders (neck lumps, swallowing, speech and voice problems), thyroid lumps, swelling and paediatric ENT and nasendoscopy.	07580 175275	plymouth.enquiries@nuffieldhealth.com	DFD
Prior, M Mr	Otolaryngology and general ENT.	01752 761847	lauren.haywood@nuffieldhealth.com	DFD
Rainsbury, J Mr	Cochlear implants, all general ENT and paediatric ENT.	01752 761820	denise.willson@nuffieldhealth.com	DFD
Gastroenterology				
Cochrane, S Dr	Upper and lower gastroenterology, endoscopy, ERCP and Barrett's oesophagus.	01752 977237	theresaduncan@nhs.net	DFD
Dunlop, S Dr	Upper and lower GI, endoscopy, iron deficiency anaemia and altered bowel habits.	01752 977237	theresaduncan@nhs.net	DFD
Hayward, C Dr	General gastroenterology, inflammatory bowel disease, functional and irritable bowel disease, upper and lower endoscopy and nutrition.	01752 977237	theresaduncan@nhs.net	DFD
Lewis, S Dr	Upper and lower gastroenterology, endoscopy and clinical nutrition.	01752 761834	sally.wilton@nuffieldhealth.com	DFD
General Surgery				
Akoh, J Mr	Renal transplantation, vascular access surgery, varicose vein surgery, laparoscopic cholecystectomy, hernia surgery, parathyroid surgery and obesity surgery. NHS patients only.	01752 977007	gillian.quaye@nuffieldhealth.com	DFD
Aroori, S Mr	General surgery, hepato-pancreatic surgery, laparoscopic surgery, hernias and cholecystectomy.	01752 761812	jackie.stoker@nuffieldhealth.com	DFD
Briggs, C Mr	General surgery, hepato-pancreatic surgery, laparoscopic cholecystectomy and open hernia surgery.	01752 761812	jackie.stoker@nuffieldhealth.com	DFD
Bowles, M Mr	General surgery, hepato-pancreatic surgery, laparoscopic cholecystectomy and open hernia surgery.	01752 761812	jackie.stoker@nuffieldhealth.com	DFD
Brundell, S Mr	General and colorectal surgery and open hernia repair.	01752 761812	jackie.stoker@nuffieldhealth.com	DFD

Consultant Name	Sub-speciality	Telephone	Email	NHS Base
General Surgery – Continued				
Coleman, M Mr	Colorectal surgery, laparoscopic surgery, hernia surgery and gallbladder surgery.	01752 761834	sally.wilton@nuffieldhealth.com	DFD
Douie, W M	Colorectal and general surgery, gastrointestinal endoscopy and open hernia surgery.	01752 761812	jackie.stoker@nuffieldhealth.com	DFD
Drabble, E Mr	General surgery and hernia surgery.	01752 977007	gillian.quaye@nuffieldhealth.com	DFD
Gandy, C Mr	General and colorectal surgery, open hernia repair and cholecystectomy.	01752 761812	jackie.stoker@nuffieldhealth.com	DFD
Lambert, A Mr	Day case surgery, hernia repair, circumcision, vasectomy, vasectomy reversal, cholecystectomy, lumps and bumps, toe nails, general paediatric surgery, sports and exercise medicine including groin pain.	07986 992076	plymouth.enquiries@nuffieldhealth.com	DFD
Stell, D Mr	General surgery, hepato-pancreatic surgery, laparoscopic surgery, hernias and cholecystectomy.	01752 761812	jackie.stoker@nuffieldhealth.com	DFD
GP Services				
Cooper, O Dr	Private GP service, routine appointments, medicals and vaccinations.	0300 1311422	plymouth.enquiries@nuffieldhealth.com	
Olver, C Dr	Private GP service, routine appointments, medicals and vaccinations.	0300 1311422	plymouth.enquiries@nuffieldhealth.com	
Gynaecology				
Acharya, U Dr	Reproductive medicine, infertility, HRT, general gynaecology, miscarriage and sterilisation reversal.	01752 787999	plymouth.enquiries@nuffieldhealth.com	DFD
Gray, S Dr	Menopause, contraception, premenstrual syndrome, medical management of heavy periods, cycle problems including polycystic ovarian syndrome, post menopausal problems particularly vaginal atrophy and cystitis.	01872 630080	plymouth.enquiries@nuffieldhealth.com	RCHT
Hookway, T Mr	Benign gynaecological conditions, laparoscopic and hysteroscopic surgery, endometriosis, pelvic pain, menstrual disorders and heavy or irregular periods.	07377 670149	plymouth.enquiries@nuffieldhealth.com	DFD
Scott, P Mr	Hysterectomy – laparoscopic, vaginal or open, pelvic pain including endometriosis and ovarian cyst treatment, cancer risk-reducing surgery in gynaecology, heavy periods including fitting of Mirena® and endometrial ablation procedures. Post menopausal and post-coital bleeding including cervical polyps, menopause/HRT/PMS and vulval conditions.	07503 972326	charlotte.ferriday@nhs.net	DFD
Shrestha, R Mrs	Gynaecological ultrasound scanning, major and minor gynaecology surgery, early pregnancy problems (miscarriage and ectopic pregnancy) and fast track assessment of post-menopausal bleeding.	07789 869649	penny.punch@nhs.net	DFD
Talaat, A Mr	General gynaecology, gynaecological oncology surgery, colposcopy and ovarian cancer screening.	01752 761801	charmaine.kitteridge@nuffieldhealth.com	DFD



Consultant Name	Sub-speciality	Telephone	Email	NHS Base
Medical Oncology				
Cogill, G Dr	Upper GI, hepatobiliary, head and neck cancers, gastrointestinal tract cancer and sarcoma.	01752 432338	plymouth.enquiries@nuffieldhealth.com	DFD
Panwar, U Dr	Breast cancer and sarcoma.	01752 432338	plymouth.enquiries@nuffieldhealth.com	DFD
Neurology				
Edwards, S Dr	Parkinson's disease.	07961 936081	p.parkes1@nhs.net	DFD
Weatherby, S Dr	General neurology and headache disorders.	01752 977012	alison.taylor-phillips@nhs.net	DFD
Neuropsychology				
Atkins, L Dr	Assessment of mental capacity and acquired brain injury.	01752 426248	info@neuropsychologypractice.co.uk	MG
Noad, R Dr	Diagnostic neuropsychology, early-onset dementia, Huntington's disease and motor neurone disease.	01752 426248	info@neuropsychologypractice.co.uk	DFD
Neurosurgery				
Germon, T Mr	Spinal and neck surgery.	01752 761842	clare.reeve@nuffieldhealth.com	DFD
Sharma, H Mr	Spinal surgery.	01752 761850	kate.bernasconi@nuffieldhealth.com	DFD
Whitfield, P Mr	Lumbar and cervical spine surgery, stereotactic radiosurgery, vascular neurosurgery and head injury.	01752 761845	sally.stansbury@nuffieldhealth.com	DFD
Ophthalmology				
Booth, A Mr	Glaucoma, small incision cataract surgery, general ophthalmology and ophthalmic genetics.	01752 761845	sally.stansbury@nuffieldhealth.com	DFD
Frimpong-Ansah, K Mr	General ophthalmology, vitreo-retinal surgery and cataract surgery.	01752 761822	clare.hynes@nuffieldhealth.com	DFD
Habib, N Prof	Corneal surgery, refractive laser surgery and general ophthalmic surgery including small incision cataract surgery.	01752 262695	elli.mangina@nuffieldhealthpartners.com	DFD
Raman, SV Mr	Medical retina, vitreo-retinal surgery and cataract surgery.	01752 761845	sally.stansbury@nuffieldhealth.com	DFD
Oral and Maxillofacial Surgery				
Courtney, D Mr	Head and neck cancer, facial and oral surgery.	01752 710484	plymouth.enquiries@nuffieldhealth.com	DFD

Consultant Name	Sub-speciality	Telephone	Email	NHS Base
Orthopaedics – Lower				
Coleridge, S Mr	Arthroscopic knee surgery, hip and knee replacements and sports injury.	01752 977009 0845 5050522	sue.nash1@nhs.net	DFD
David, H Mr	Hip and knee replacement surgery and arthroscopic surgery.	01752 761808 0845 5050522	sarah.eccles@nuffieldhealth.com	DFD
Holroyd, B Mr	Arthroscopy, arthroplasty, knee and hip surgery and carpal tunnel. Treats adults, young adults and paediatrics.	01752 761840	mandy.carwithen@nuffieldhealth.com	DFD
Keenan, J Mr	Arthroscopic knee surgery, knee and hip replacement surgery, revision knee and hip replacement surgery and orthopaedic trauma.	01752 761872	deborah.metherell3@nuffieldhealth.com	DFD
McAllen, C Mr	Knee surgery (ACL repair), knee replacement revision, knee replacement, knee arthroscopy, patellofemoral joint replacement, PCL reconstruction and unicompartmental (partial) knee replacement (UKR).	01752 431851	rachel.rowe@nhs.net	DFD
Metcalfe, J Mr	Adult foot and ankle surgery, paediatric orthopaedics, trauma and medicolegal.	01752 761872	deborah.metherell3@nuffieldhealth.com	DFD
Stitson, D Mr	Hip and knee replacement and resurfacing, arthroscopic knee surgery and general orthopaedics.	01752 761818 0845 5050522	ann.hurn@nuffieldhealth.com	DFD
Trimble, K Mr	Foot and ankle surgery.	01752 977208 0845 5050522	silke.russell@nhs.net	DFD
Westwood, M Mr	Foot and ankle surgery.	07468 576713	plymouth.enquiries@nuffieldhealth.com	DFD
Williams, M Mr	Hip revision, knee arthroscopy and reconstruction, knee replacement surgery and pelvic surgery.	01752 761801	charmaine.kitteridge@nuffieldhealth.com	DFD
Yarlagadda, R Mr	Hip revision and arthroplasty, knee arthroplasty and arthroscopy.	01752 761801	charmaine.kitteridge@nuffieldhealth.com	DFD
Orthopaedics – Spinal				
Sharma, H Mr	Spinal.	01752 761850	kate.bernasconi@nuffieldhealth.com	DFD
Orthopaedics – Upper Limb				
Brinsden, M Mr	Shoulder, elbow and upper limb surgery.	07738 493639	plymouth.enquiries@nuffieldhealth.com	DFD
David, H Mr	Shoulder, elbow and upper limb surgery, joint replacement surgery, arthroscopic surgery, shoulder sports injuries and carpal tunnel.	01752 761808 0845 5050522	sarah.eccles@nuffieldhealth.com	DFD
Gozzard, C Mr	Hands and wrists.	01752 761801	charmaine.kitteridge@nuffieldhealth.com	DFD
Guyver, P Mr	Shoulder, elbow and upper limb surgery.	07738 493639	plymouth.enquiries@nuffieldhealth.com	DFD
Murphy, A Mr	Shoulder, elbow and upper limb surgery, knee surgery, joint replacement and arthroscopic surgery, sports injuries (operative and non-operative treatment), trauma and reconstructive surgery and medicolegal reporting including personal injury and clinical negligence.	01752 761847	lauren.haywood@nuffieldhealth.com	DFD



Consultant Name	Sub-speciality	Telephone	Email	NHS Base
Orthoptics and Optometry				
Adams, D Dr	Refraction and low vision aids.	01752 761824	plymouth.enquiries@nuffieldhealth.com	DFD
Orthotics				
Parfett, G Dr	Foot orthotics and shoe inserts.	07768 653932	plymouth.enquiries@nuffieldhealth.com	DFD
Physiotherapy – Clinic opening times are by arrangement only – please call telephone 0345 0454845 for further information.				
Andrews, R Mrs	Senior Physiotherapist.	08702 700870	plymouth.enquiries@nuffieldhealth.com	
Plastic and Cosmetic Surgery				
Camp, D Mr	Skin cancer, removal of benign skin lesions, Dupuytren’s disease and carpal tunnel syndrome.	07789 869649	penny.punch@nhs.net	DFD
Fitton, AR Mr	Breast and cosmetic surgery, breast reconstruction, reconstructive plastic surgery, abdominoplasty and rhinoplasty.	07494 250277	leanne.kent@nhs.net	
McDiarmid, J Mr	Cosmetic surgery, reconstructive plastic surgery and hand surgery.	01752 753770	plymouth.enquiries@nuffieldhealth.com	
McKenzie, D Mr	Breast enlargement, tummy tuck, liposuction, skin cancers and all general plastics.	07855 830631	plymouth.enquiries@nuffieldhealth.com	
Morris, RJ Mr	Breast and cosmetic surgery, breast reconstruction, reconstructive plastic surgery and abdominoplasty.	07494 250529	jessica.summers-evans@nhs.net	
Podiatry				
Goslin, R Mr	Podiatry.	01626 368188	plymouth.enquiries@nuffieldhealth.com	
Psychiatry				
Pearson, S Dr	Old-age psychiatry.	01752 761820	denise.willson@nuffieldhealth.com	DFD
Psychotherapy				
Langman, L Dr	Clinical Psychologist, anxiety, depression, eating distress, relationship difficulties, loss and bereavement and chronic pain.	07814 270742	plymouth.enquiries@nuffieldhealth.com	
Mayhew, Dr S	Clinical Psychologist, adult mental health, shame-related difficulties, CBT and CFT.	01752 875101	plymouth.enquiries@nuffieldhealth.com	
Radiology				
Adams, W Dr	Neuroradiologist.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Conway, O Dr	Neuroradiologist.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD

Consultant Name	Sub-speciality	Telephone	Email	NHS Base
Radiology – <i>continued</i>				
Davies, A Dr	Reporting radiologist.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Fox, B Dr	GI radiology.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Gafoor, A Dr	Musculoskeletal and extracranial head and neck.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Gutteridge, C Dr	Radiology, uro-radiology and non-obstetric ultrasound.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Hughes, P Dr	Musculoskeletal, head and neck.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Mukonoweshuro, W Dr	Neuroradiologist.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Paisley, K Dr	Breast and gynaecological imaging.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Roobottom, C Dr	Breast imaging, chest, cardiac and vascular radiology.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Shirley, J Dr	GI radiology.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Suresh, P Dr	Musculoskeletal, head and neck.	01752 761826	nh.plymouthradiology@nuffieldhealth.com	DFD
Renal Medicine (Nephrology)				
Dr A Hunt	Hypertension and chronic kidney disease.	07789 869649	penny.punch@nhs.net	DFD
Respiratory Medicine				
Hughes, P Dr	Physician, respiratory medicine, sleep apnoea, asthma, COPD, pulmonary fibrosis and pulmonary hypertension.	07934 987939	plymouth.enquiries@nuffieldhealth.com	DFD
Rheumatology				
Moore, O Dr	All general rheumatology, osteoarthritis and inflammatory arthritis including rheumatoid arthritis, osteoporosis, gout, connective tissue diseases, SLE and systemic sclerosis.	07789 869649	penny.punch@nhs.net	DFD
Urology				
Lambert, A Mr	Circumcision, scrotal surgery (hydrocele and epididymal cysts) and vasectomy.	07855 830631	plymouth.enquiries@nuffieldhealth.com	DFD
McInerney, P Mr	Prostate cancer, bladder cancer, renal cancer and paediatric.	01752 977012	alison.taylor-phillips@nuffieldhealthpartners.com	DFD
Pearcy, R Mr	Andrology, general urology and stone disease.	01752 977012	alison.taylor-phillips@nuffieldhealthpartners.com	DFD
Sells, H Mr	Prostate cancer and renal calculi.	01752 977012	alison.taylor-phillips@nuffieldhealthpartners.com	DFD



Consultant Name	Sub-speciality	Telephone	Email	NHS Base
Vascular Surgery				
Ashley, S Mr	Varicose veins (ultrasound-guided foam sclerotherapy, radiofrequency ablation, endovenous laser ablation, mechanochemical ablation, [ClariVein®] surgical removal), micro-injection sclerotherapy for thread veins, carotid, aortic and peripheral arterial disease and surgery, leg ulcers and injections for axillary hyperhidrosis.	01752 707090	penny.lyon@nhs.net	
Barwell, J Mr	Vascular and renal transplant, varicose veins, foam sclerotherapy, aortic surgery, carotid surgery and leg ulcers.	07999 484897	clare.hynes@nuffieldhealth.com	DFD
Mittapalli, D Mr	Out and in patient consult, both minor and operative. Laser use for class 3B, 3R (A) and class 4.	01752 707090	penny.lyon@nhs.net	

← CONTENTS



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

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

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

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

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.

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 Plymouth Fitness & Wellbeing Centre

Barbican Leisure Park, Plymouth PL4 0LG
01752 265355 nuffieldhealth.com/gyms/plymouth



Nuffield Health Devonshire Health & Wellbeing Centre

10 Plymbridge Lane, Plymouth PL6 8BD
01752 237000 nuffieldhealth.com/gyms/devonshire-plymouth

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.

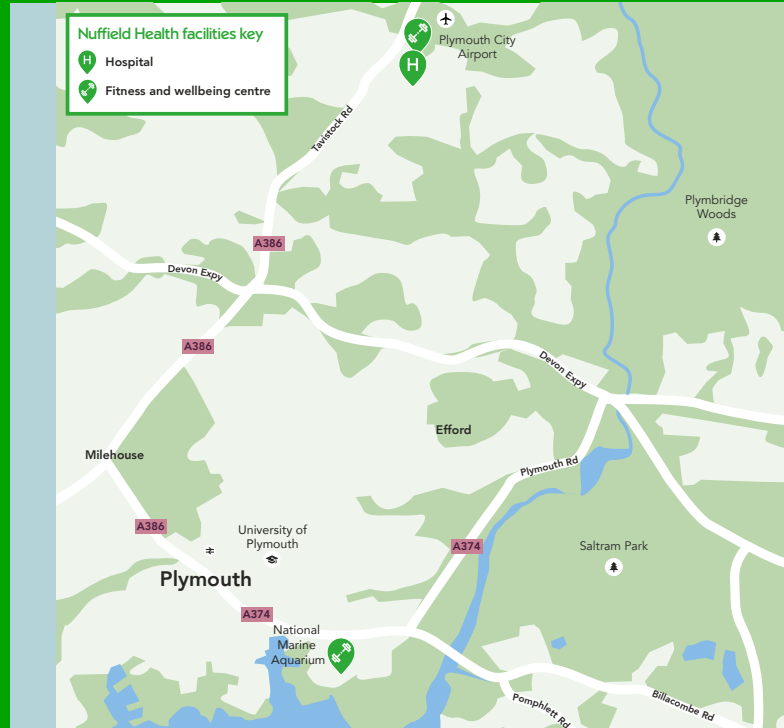
The COVID-19 pandemic has presented all of us with new challenges, and our purpose of building a healthier nation has never been more important. In 2020 and 2021, we proudly made our 31 hospitals available to the NHS, and so far, we've treated over 270,000 NHS patients during the pandemic.

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

Customer services
Call 0300 1311422

Hospital director
Call 01752 761806

Hospital reception
Call 01752 775861

Matron
Call 01752 761802

Pathology
Call 01752 761829

Physiotherapy
Call 0345 0454845

Radiology
Call 01752 761826



Nuffield Health Plymouth Hospital
Derriford Road, Plymouth, Devon PL6 8BG



Call **01752 788088**