



# Nuffield Health Wessex Hospital.

## Newsflash

GP & Practice Colleagues Issue 25 - 2015

## Welcome.

Throughout the last quarter we have hosted a number of GP events including a Gynaecology update and an Orthopaedic session focusing on a knee examination, diagnosis and injections.



In the next quarter we have also planned a Urology update and some Ophthalmic Lunch and Learn sessions. We very much look forward to welcoming you at one of these.

Contact Carolyn on **02380 258431** or **Carolyn.hinton@nuffieldhealth.com** for further details.

Wishing you an enjoyable festive period.

**Peter Howgrave-Graham,**  
Hospital Director,  
Nuffield Health Wessex Hospital

## To refer patients.

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

 **02380 233 677**

 **02380 251 525**

 wessex.enquiries@nuffieldhealth.com

Our directory of Consultants can be found online at **nuffieldhealth.com/healthcare-professionals**

## Latest News.



### Over half a million people in the South may be living with undiagnosed back pain

A quarter of people living in the South of England suffering from debilitating lower back pain say they don't understand how to treat it.

Sedentary lifestyles are causing a huge number of people to live with painful symptoms which could be avoided with early treatment and good advice.

Over a third have not had access to any form of diagnostic scan – MRI /CT or X-ray.

Consultant Spinal Surgeon at The Nuffield Health Wessex Hospital, Mr Christopher Dare, said: "For most, early exercise, physiotherapy and pain management will help, but if symptoms persist for more than three months then further investigation is warranted".

At Excel, our Orthopaedics and Sports Medicine Centre of Excellence, we provide one point of access for all back pain issues. Having everything under one roof enables us to create seamless care pathways which promote rapid access for patients to the treatment or service they need.

Phone: **02380 258424**

Email: **excel@nuffieldhealth.com**

**www.excelatnuffield.com**



## Referring to Nuffield Health Hospitals.

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

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

☎ **08000 155 020**

☎ **08452 803 251**

✉ chooseandbook  
@nuffieldhealth.com

## Recovery Plus.

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

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

### The Nuffield Health Promise

Our prices are all-inclusive.\*

We will equal any comparable price.\*\*

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

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



## Cataract and refractive lens surgery.

People with cataracts opting for surgery are often overwhelmed with the life changing results.

Refractive cataract surgery and refractive lens exchange can help toward a spectacle free lifestyle which can be liberating for many patients. Patients require careful counselling by Consultants experienced in this surgery.

Newer treatments available at Nuffield Health Wessex Hospital include the use of the ICL (Implantable Collamer Lens) which Consultant Ophthalmologist, David Anderson, advocates for patients with high spectacle corrections unsuitable for LASIK or cataract surgery.

To learn more about this procedure or watch an animation please visit [www.nuffieldhealth.com/wessex/hospitals](http://www.nuffieldhealth.com/wessex/hospitals) or [www.andersoneyecare.co.uk](http://www.andersoneyecare.co.uk)

## GP Learning Programme.

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

For information on events taking place at Nuffield Health Wessex Hospital please visit our website, telephone **02380 258 431** or email [Carolyn.hinton@nuffieldhealth.com](mailto:Carolyn.hinton@nuffieldhealth.com)



## Facts at a glance.

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

### Contact Us:

☎ 02380 233 677

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

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

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

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