



## Information for GPs and Referrers about **Planned Care Services** at Queen Mary's Hospital, Sidcup

Dartford and Gravesham NHS Trust is proud to provide a number of new specialist services that are available to patients as part of our **Planned Care Centre** at Queen Mary's Hospital, Sidcup. These include outpatient assessments, diagnostic tests (including imaging, cardiac diagnostics and endoscopy), routine day-case and short stay inpatient surgery, and medical treatments and therapies - delivered locally in Bexley.



### Expert services

Our aim is to provide greater availability of a range of high quality planned health services, delivered by our specialist teams working together to provide compassionate care to our patients.

### More specialities

We have increased the choice of outpatient clinics and inpatient procedures; and more surgery is offered on a day-case basis so patients have faster access to our services.

## Surgical care centred on our patients

### Our Planned Care Centre Surgical Services

Our surgical services form part of our **Planned Care Centre** at Queen Mary's Hospital which are located on the 4th floor in the Main Building and offer patients planned routine surgery in a range of specialities such as Breast Surgery, General Surgery, Gynaecological Surgery, Orthopaedic Surgery, Chronic Pain



Management, Urogynaecological Surgery and Urology Surgery. These services are further supported by our specialist nurses and other allied staff.

- Our surgical services are staffed by nurses and other specialised practitioners who have extensive experience in caring for patient's medical and surgical needs
- Thanks to advances in medical technology, many procedures are now performed on an outpatient day-case basis so that patients can go home on the same day
- Patients requiring surgery will be seen in the pre-assessment clinic on the 1st floor, and daily during their stay
- Surgery registration takes place in our Surgical Admissions Lounge in Mottingham Ward at the **Planned Care Centre** on the 4th floor in the Main Building
- At present, our **Planned Care Centre** can care for patients aged 16 years who we expect are able to leave the same day or after an overnight stay. Those who may need an intensive care bed after their operation will be offered their care at Darent Valley Hospital in Dartford only
- A supporting team of physiotherapists and therapists look after any additional needs for our patients

Our **Planned Care Centre** has 37 surgical beds across two ward areas. After surgery, patients return to Avery Hill Ward on the 4th floor in the Main Building for recovery and inpatients are admitted overnight for extended care.



The Trust has embedded the Enhanced Recovery Programme into its everyday practice to focus on improving patient outcomes, speeding up recovery and decreasing length of stay after surgery.

## ORTHOPAEDICS

We provide orthopaedic treatment at our Planned Care Centre for both upper and lower limb surgery. Patients will be able to have their diagnosis, pre-assessment, treatment and recovery here where they will have the expertise of the Trust's best Trauma and Orthopaedic staff offering expert care.

Care is provided by a multi-disciplinary team led by our experienced team of nine consultants each having an area of specialism and expertise:

- **Mr Farid Mofteh**, Consultant and Clinical Director, Lower Limb
- **Mr Michael Thilagarajah**, Consultant, Lower Limb
- **Mr James Smith**, Consultant, Lower Limb

- **Mr Mark Norris**, Consultant, Lower Limb
- **Mr Kris Chettiar**, Consultant, Lower Limb
- **Mr Loren Charles**, Consultant, Lower Limb
- **Mr Suhaib Sait**, Consultant, Upper Limb
- **Mr Ravinder Singh**, Consultant, Upper Limb
- **Mr Daniel Neen**, Consultant, Upper Limb

**This service is operating as a fully staffed 5-day theatre service and 7-day ward area.**

Patients can expect to stay in hospital 0-3 days and post-operative care is provided by experienced nursing staff and a lead Matron. They are supported by our rehabilitation physiotherapists' who have exceptional knowledge of musculoskeletal management to



provide around the clock care so that patients receive early rehabilitation post-surgery to return home in line with the expected **enhanced recovery programme**. On discharge, patients move on to our outpatient team if required, for ongoing rehabilitation and/or treatment.

Our physiotherapists also support patients who require post-operative care after day surgery, such as for a shoulder decompression or rotator cuff repair, to provide assessment and expert recommendations for ongoing outpatient physiotherapy.

## GENERAL SURGERY

Surgery is performed by our experienced specialists and surgeons to treat the full range of non-complex general surgery

procedures. Some of the most common general surgical procedures performed at our **Planned Care Centre** include:



- Breast Surgery
- Colorectal Surgery
- Endocrine Surgery
- Fistula Treatment with Laser (FILAC)
- Gallstones
- Hepatology
- Hernias
- Inflammatory Bowel Disease (IBD)
- Lower GI (medical) excluding IBD
- Lumps and Bumps
- Oncology (established diagnosis)
- Upper GI including Dyspepsia
- Upper GI Surgery

Thanks to advances in medical technology, many procedures are now performed on a day-case basis designed to return patients home on the same day.

Endoscopic evaluation and surgical treatment of upper gastrointestinal and small bowel disorders are provided by the Trust at the **Endoscopy Centre in the Newland Building** as part of our Planned Care Centre.

Opening hours are: Monday, Wednesday, Thursday and Friday 08.30-12.30 and 13.00-17.30. The unit does not operate on a Tuesday.

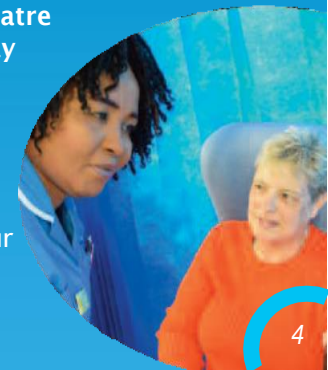
Many conditions are diagnosed and treated with endoscopy which offers patients the benefit of smaller incisions, resulting in a shortened hospital stay and recovery period.

Our experienced Consultant team is:

- **Mr Jacek Adamek**, Clinical Director and General and Laparoscopic Colorectal Consultant Surgeon
- **Mr Rakesh Bhardwaj**, General and Laparoscopic Colorectal Consultant Surgeon
- **Mr Shwetal Dighe**, General Upper GI Consultant Surgeon
- **Mr Petr Hanek**, General and Laparoscopic Colorectal Consultant Surgeon
- **Mr Happy Hoque**, General and Breast Consultant Surgeon
- **Mr Kothandaraman Murali**, Ass Spec, General and Breast Consultant Surgeon
- **Mr Piero Nastro**, General and Laparoscopic Colorectal Consultant Surgeon
- **Mr Mehdi Raza**, Locum General Consultant Surgeon
- **Mr Sha-Nawaz Ruhomaully**, Ass Spec, General and Breast Consultant Surgeon
- **Mr Alistair Al Temimi**, General Consultant Surgeon
- **Mr Pawel Trapszo**, General and Breast Consultant Surgeon
- **Mr Mark Watson**, General Consultant Surgeon

This service is operating as a fully staffed 5-day theatre service and 7-day ward area.

Ward based care is provided by experienced nurses, led by our ward Matron.



Our Planned Care Centre at Queen Mary's Hospital has the advantage of not being an emergency site and so doesn't have the same pressures as the acute hospitals locally. This means that patients rarely have their operations cancelled and have a more stable, quieter environment during their recovery phase with less time spent in hospital.



Queen Mary's Hospital also offers excellent transport links making it easier for patients and their families to travel to and from the site.

## CHRONIC PAIN

As part of our services at our **Planned Care Centre** at Queen Mary's Hospital we have a pain service for assessment and possible pain management. This includes the management of patients with chronic pain problems which typically include back pain, sciatica and neck pain performing minimally invasive procedures such as radiofrequency treatments, epidural injection, facet joint injections in the back and neck for pain arising due to arthritis, plexus block, nerve block, cryotherapy, trigger point injections for pain in muscle groups and management of neuropathic pain which arises secondary to nervedamage.

Our consultant team is:

- **Dr Madhusudhan Mali**, Pain Consultant
- **Dr Sanjay Kuravinakop**, Pain Consultant
- **Dr Azfer Usmani**, Pain Consultant

Our supporting nurse specialist team is:

- **Allison Neale**, Specialist Nurse
- **Nadia Ienciu**, Specialist Nurse

**This service is operating as a fully staffed 3-day theatre service and 7-day ward area.**

## GROUP SESSIONS:

The Trust also offers a Pain Education Group at our Queen Mary's Hospital site in Sidcup. For groups of 8-10 people, the session is aimed at teaching coping strategies and how to live with pain. Instead of treating pain, our patients learn to cope with it and adapt their life-style accordingly. If appropriate, patients can be referred to this service by their consultant.

## GYNAECOLOGY

Our experienced gynaecology team perform surgical procedures for all types of gynaecologic conditions, including the removal of fibroids, treatment of polycystic ovaries, cervical polyps and ovarian cyst removal, perineal repair, vulval and perineal lesions, biopsy of the vulva and the dissection of adhesions. Specialists also perform various reproductive endocrinology (infertility) procedures and advanced endometriosis surgery. Our specialist nurses run Urogynaecology Clinics including Urodynamics.

Most investigations including hysteroscopy, urodynamics, ultrasound, colposcopy and blood tests are available on site.

**This service is operating as a fully staffed 5-day theatre service and 7-day ward area.**

## New Services for patients:

**A one-stop clinic for the treatment of heavy menstrual bleeding, including diagnostic hysteroscopy**  
Patients can receive expert care for heavy menstrual bleeding at the one-stop clinic at our **Planned Care Centre**, Queen Mary's Hospital Sidcup. This service is led by our specialist consultant Mr El-Matary.

**Treatment for endometriosis**  
Mr Kovoov is our specialist consultant for the treatment of endometriosis, who is dedicated to helping and providing support for women with this condition.

**Flexible cystoscopy and Botox for overactive bladder**  
The Trust offers patients another option for relief of their urinary incontinence symptoms through the use of Botox in the treatment of overactive bladder as an outpatient appointment. This means patients no longer need to travel to a tertiary specialist centre for this service. This is led by our specialist consultants Mr Gupta and Mr MacDermott.

**Fertility Service**  
We now run a Fertility Clinic on a Wednesday afternoon led by our specialist fertility consultant, Mr El-Sayed

Our Senior Physiotherapists in Women's Health provide specialist women's health physiotherapy as an outpatient clinic. Patients are referred to this service by their consultants GP or nurse specialist.

Our specialist team is:

- **Mr Abhishek Gupta**, Consultant and Clinical Director, General Gynaecology and Urogynaecology
- **Mr Gabriel Awadzi**, Consultant, Early pregnancy and General Gynaecology
- **Mr Mohsen El-Sayed**, Consultant, Infertility
- **Mr M Jones**, Consultant, General Gynaecology
- **Mr Rob MacDermott**, Consultant, Urogynaecology
- **Miss Ritu Rana**, Consultant, General Gynaecology
- **Miss Urmila Singh**, Consultant, General Gynaecology
- **Mr Waterstone**, Consultant, Recurrent miscarriage
- **Mr Karan Sampat**, Consultant, Obstetrics and Gynaecology
- **Mr Elias Kovoov**, Consultant, Laparoscopy and Endometriosis

*'Our Planned Care Centre provides a professional gynaecology care service in a more relaxed setting'*



Ward based care is provided by experienced nurses, led by our ward Matron. All of our specialist nursing team are committed to helping and providing support to women with gynaecology conditions.

## UROLOGY

Our urology team provides general and specialist care at our **Planned Care Centre**. Conditions treated include:

- Erectile Dysfunction
- Growths (such as polyps and tumours)
- Incontinence
- Interstitial Cystitis
- Kidney Stones
- Other Urological Disorders
- Painful Bladder Syndromes

Thanks to advances in medical technology, many procedures are now performed on an outpatient day-case basis designed to return patients home on the same day.

Our consultant team is:

- **Professor Seshadri Sriprasad**, Clinical Director and Consultant, Urinary Stones, Kidney Cancer and General Urological Care
- **Mr F Anjum**, Consultant, General Urology
- **Mr Ian Dickinson**, Consultant, Andrology, Erectile Dysfunction, Infertility and Paediatric Urology
- **Mr Joseph Nariculam**, Consultant, General Urology, Urinary Stones and Lower Urinary Tract Dysfunction
- **Ms Eleanor Ray**, Consultant, General Urology

This service is operating as a fully staffed 5-day theatre service and 7-day ward area.

The Trust now performs kidney and ureteric stone removal with the latest technology using Extracorporeal Shock Wave Lithotripsy (ESWL) to break down stones. This enables our surgeons to perform a minimally invasive day-case procedure using laser technology surgery. With this procedure, patients usually experience less pain, have a reduced risk of infection, less scarring and a faster recovery. This procedure is performed using our fixed lithotripter at our Darent Valley site in Dartford.

Ward based care is provided by experienced nurses, led by our ward Matron where patients receive high quality patient centred care which ensures the best outcome for our patients.



## OUTPATIENTS

As part of our **Planned Care Centre**, we offer the following outpatient services for our patients:

- Ageing and Health
- Andrology
- Antenatal Clinics
- Breast Cancer
- Cardiology
- Chronic Pain
- Colorectal Cancer
- Dietetics and Nutrition
- Gastroenterology
- General Surgery
- Gynaecology
- Haematology
- Orthopaedics
- Orthotics
- Paediatric Outpatients and Paediatric Phlebotomy (blood tests) at **Acorns Children and Young People Centre**
- Phlebotomy (blood tests)
- Renal and Nephrology
- Respiratory Medicine
- Urology

- Vascular
- Women's Health Physiotherapy

**Dartford and Gravesham NHS Trust** is located in a dedicated Outpatient area on 1st floor in the Main Building which has 20 consulting rooms where our patients

continue to receive high quality care in a purpose-built area for an improved patient experience.

**The Outpatient Department is open Monday – Friday, 08.30-17.00.**

Our senior physiotherapists deliver outpatient respiratory care assessments, education and treatment for conditions such as COPD, Bronchiectasis and Hyper-ventilation Syndrome. Our clinicians may make referrals to local Pulmonary Rehabilitation services as required. Referrals are accepted from GPs and consultants.



## CARDIOLOGY

As part of our **Planned Care Centre**, we offer general cardiology outpatient clinics for our patients on the 1st floor in the Main Building. Our clinics are staffed by a consultant cardiologist and a team of specialist cardiac physiologists to provide expert cardiac care to our patients.

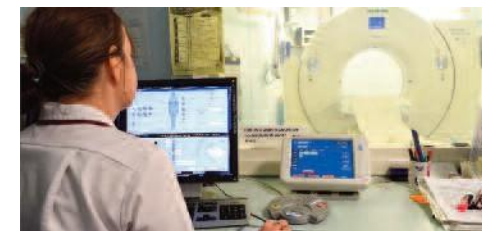
We offer a broad range of services including, a GP walk-in ECG service; 24 hr/48hr/72hr and 7-day Holter ECG monitoring; 24 hr Ambulatory Blood Pressure Monitoring; Full 2D Echocardiograms and nurse-led clinics for heart failure.

## IMAGING SERVICES

Our imaging services are located on the 1st floor in the Main Building as part of our **Planned Care Centre** at Queen Mary's Hospital.

These include:

- CT (Consultant-only referral)
- Maternity and Gynaecological Ultrasound
- Mobile and Theatre II Support
- MRI Scan (via Alliance Medical)
- Routine Fluoroscopy
- Symptomatic Mammography
- Ultrasound
- Urodynamics
- X-Ray



Opening hours are **08.30-17.00 Monday to Friday (excluding bank holidays)**. The Department operates an emergency rota from 08.00-22.30, 7-days a week to support the wards and onsite Urgent Care Centre.

## ENDOSCOPY

Diagnostic endoscopic examinations such as Diagnostic Gastroscopy, Colonoscopy and Flexible Sigmoidoscopy are provided at the **Endoscopy Centre in the Newland Building** as part of our **Planned Care Centre** to provide patients with a high-quality service, in a relaxed and friendly environment.

Our state-of-the-art decontamination unit ensures that our scopes are reprocessed to the highest standards and our team of doctors, physicians and surgeons are Joint Advisory Group in Gastroenterology (JAG) accredited to ensure excellent patient care and safety.

Opening hours are: **Monday, Wednesday, Thursday and Friday 08.30-12.30 and 13.00-17.30**. The unit does not operate on a Tuesday.

# Where our services are located at Queen Mary's Hospital, Sidcup

## Outpatients Services

- Planned Care Centre, Outpatients - Main Building, 1st Floor
- Planned Care Centre, Cardiology - Main Building, 1st Floor
- Planned Care Centre, Children's Outpatients Department - Acorns Children and Young People Centre

## Diagnostics

- Planned Care Centre, Imaging - Main Building, 1st Floor
- Planned Care Centre, Endoscopy - Newland Day Case Unit

## Surgery

- Planned Care Centre, Surgical Pre-assessment Unit - Main Building, 1st Floor
- Planned Care Centre, Mottingham Ward - Main Building, 4th Floor
- Planned Care Centre, Avery Hill Ward - Main Building, 4th Floor



## How to refer your patients to our services

All available outpatient clinics are listed on the NHS e-Referral system. To refer your patients to any of our services, please use the NHS e-Referral system (or Bexley Health Referral Management System) where your patient will be offered the next available appointment within a day of your referral.

In the case that the Trust cannot provide an immediate appointment, 'Defer to Provider' can be selected and the patient will be contacted within 48 hours for an appointment.

**Suspected cancers should be referred using the rapid-access Cancer Pathway referral form for an appointment within 2 weeks and emailed to:**  
dgn-tr.cancerreferral-dvh@nhs.net.

**Our Planned Care Centre is centred on our patients to provide exceptional planned care.**

### Patient focused and family orientated

'Our Family Caring for Yours' defines our purpose and approach in caring for our patients and their families.

If you would like any further information and/or a visit from our clinical staff please contact:

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Communication Department  
Darent Valley Hospital  
Darenth Wood Road  
Dartford DA2 8DA  
01322 428255  
www.dvh.nhs.uk

Our other Trust sites are:

**Darent Valley Hospital**  
Darent Wood Road  
Dartford  
Kent  
DA2 8DA

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**Erith and District Hospital**  
Park Crescent  
Erith  
DA8 3EE

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**Gravesham Community Hospital**  
Bath Street, Gravesend  
DA11 0DG

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**Dartford and Gravesham NHS Trust**  
Planned Care Centre  
Queen Mary's Hospital Sidcup  
Frognal Avenue  
Sidcup, Kent  
DA14 6LT

Our mission is to be an  
outstanding hospital