



Welcome to the first Horder Centre newsletter of 2010, and may I begin by wishing you all a very happy New Year.

2009 was another very successful year for the Centre in which a record number of patients chose to be treated at the Centre under the NHS as part of the Government's Patient Choice scheme.

The Centre continued to improve its services across the board, with 100% of patients who took part in a survey rating cleanliness as good, very good or excellent, and 99% rating standard of care in the same way.

In December we welcomed our new Chairman, Roy Greenhalgh, who takes over from Sir Tim Chessells in this important role to help advise the Board of Trustees in the challenges ahead. (See page 3)

Looking ahead to 2010, the Centre will begin one of the most exciting periods in its history as our multi-million pound redevelopment begins.

I am delighted that our planning application for the redevelopment is moving forward in a positive way, and we expect work to commence in the coming weeks.

The development will deliver major improvements to the Centre by increasing the number of en suite rooms for patients, creating a new physiotherapy unit, a larger day case unit and a new reception and café.

We believe the three-year programme of works will allow the Centre to continue to deliver the highest quality of care well into the 21st Century and meet future demand.

We will soon be launching an appeal to help raise funds for the on-going redevelopment programme and I hope many of you will be able to take part in the numerous fund-raising events that will take place in the coming months.

The first quarter of 2010 will also see the launch of our brand new website, which will provide information about all our services, and update visitors on the redevelopment.

2010 will present many new challenges for The Horder Centre, not least as the NHS continues to evolve and face continued financial pressures.

However, I believe the Centre is well placed to meet the challenges that lie ahead. Thank you all for your support throughout 2009 and I look forward to another successful 12 months.

Diane Thomas

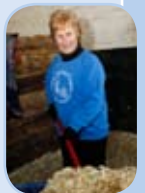
Chief Executive, The Horder Centre

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Redevelopment vision moves closer to reality

WORK ON the Centre's exciting new redevelopment scheme is expected to begin within weeks.

After months of preparation, final planning permission for the multi-million pound redevelopment programme to deliver major improvements to the Centre is moving forward positively.

An appeal is also being launched to secure funds for the on-going work, with numerous fund-raising events and activities planned for the coming months.

The redevelopment will begin with enabling works to prepare the site for Phase 1 of the scheme.

Diane Thomas, Chief Executive of The Horder Centre, said: *"We are now moving into the final positive stages of gaining full planning permission for what will be a very exciting period in the Centre's history.*

"We constantly strive to improve our services, and this scheme will allow us to

do that for many years to come by offering more single-room accommodation and the latest facilities.

"Clearly there will be some disruption as the building work progresses and I apologise for any inconvenience caused, but I am confident that the benefits this scheme will bring will be significant."

The timeframe for the scheme has already been established, and is set out below:

Outpatient enabling work –commences Jan/Feb 2010: Will ensure there is continued access for patients requiring MRI and enough consulting and treatment rooms during the first building phase. Currently more than 25,000 patients are seen through the small outpatient area annually.

Administration reconfiguration will also take place during this phase in order to facilitate improved access, including continuation of 'bookings' whilst much needed repair work to the administration block takes place.

Board of Trustees joins in thanks for out-going Chairman Sir Tim

THE CENTRE'S Board of Trustees met for its Annual General Meeting in November to thank retiring Chairman Sir Tim Chessells for his commitment and expertise.

New Chairman Roy Greenhalgh (see page 3) praised Sir Tim for all his hard work, dedication and valuable guidance during 10 years as Chairman of the Board.

A dinner will be held in Sir Tim's honour in the spring.

Mr Greenhalgh delivered a review of the Centre's past year, which he said had been excellent, with all key performance indicators achieved. He said 2009 was a tribute to all staff at the Centre.

He added there had been positive patient feedback and patient numbers and activity levels were high.

It was noted that the Centre's proposed three-phase redevelopment programme, would bring some much needed improvements to the fabric of the building and significant service improvement.



Sir Tim Chessells

Phase 1

Reception/Outpatient area

– commences Jan/Feb 2010: Will include a new access road and parking, new physiotherapy gym, main reception and coffee shop, two additional consultant rooms and an upgrade to the existing plant room in this area, including new plant.

In-patients area (Dufferin) – March 2010: Will include 16 new en-suite bedrooms.

Corridor between Theatre 3 and Cilla Unit (admissions and day care lounge) - Jan 2010: Will create stairs, a lift and a plant room on the lower ground floor, providing direct access from the admissions and day care lounge (Cilla) unit to Dufferin.

Phase 2

Programme commences

Sept 2010: This phase will create the admissions and day care lounge, known as the Cilla unit. Enabling work will include the relocation of pharmacy to the Dufferin unit and alterations to the Diagnostics department

Phase 3

Programme commences

Aug 2011: The plant room and plant situated on Dufferin to be replaced. The enabling work associated with this phase will involve upgrading the infrastructure and some redecoration around the new plant room.

Progress on the development will be available on the Centre's new website, to be launched later this year, and in all future editions of the newsletter.

New Horder Centre Chairman pledges to help meet challenging times ahead



Roy Greenhalgh
- Chairman of BOD

THE HORDER CENTRE is delighted to welcome former NHS Chief Executive Roy Greenhalgh to the post of Chairman of the Board of Trustees.

Roy, 59, now an independent management consultant within the health sector, replaces Sir Tim Chessells in the post.

Roy will offer strategic direction to the hospital Board of Trustees as the Centre prepares for an exciting and dynamic period in its history.

He will help guide the Centre, a registered charity, through its multi-million pound redevelopment programme, due to start early in 2010.

Roy, who has worked extensively for the Department of Health, said: "I am thrilled and honoured to be taking on the important role of Chairman of The Horder Centre.

"Sir Tim did a fantastic job in his 10 years as Chairman, helping to establish the hospital as a leading orthopaedic centre of excellence and somewhere

patients can choose to be treated under the NHS.

"My role is to build on Sir Tim's efforts by continuing to develop the Centre's excellent reputation as we enter our exciting redevelopment programme to enhance the services we offer."

Roy said his role will also be to help the Centre meet tough challenges ahead.

He said: *"Apart from the further rapid increases in patient expectations and medical developments that we have come to expect, we cannot but be affected by increasing financial pressures within the NHS, given the fact that a good proportion of our revenue now comes via NHS commissioners.*

"I am confident that our talented Board, management team and all the wonderful and dedicated staff at The Horder Centre will meet these challenges and make sure the Centre grows and continues to meet its charitable purpose."

Roy will help the Board oversee the Centre's three-year development scheme, which will upgrade all patient facilities,

including additional en-suite rooms, a new physiotherapy unit with gym, a new day care unit, innovative admission and discharge suites, and a new reception area and café.

Diane Thomas, Chief Executive of The Horder Centre, said: *"I am delighted to welcome Roy to the role of Chairman, and we look forward to working with him as we prepare for one of the most dynamic and exciting periods in the Centre's history.*

"Roy has proven leadership skills and the ability to drive the vision and mission of our Centre through creative and strategic direction."

Roy worked in various NHS management roles across the country before being appointed Chief Executive of East Surrey Health Authority in 1994, a position he held for seven years. He became an independent management consultant in 2003 and has undertaken a number of posts with the Department of Health including reviewing national quangos and implementing dental reforms.



Active - Sydie joins rider Mickala at the Arrow Riding Centre

10 years on and Sydie is still going strong

CHARITY WORKER
Sydie Charlesworth has not looked back since having both her hips replaced at The Horder Centre more than a decade ago.

The 74-year-old remains

incredibly active despite having her first hip procedure in 1997 and her second operation in 1999.

Sydie regularly attends keep fit classes, helps out every week at a riding school for the disabled near her home in Bexley, Kent, and still finds time for her six grandchildren and five great-grandchildren.

Her case is being heralded as a superb example of the longevity of modern joint replacements.

Sydie, a retired office worker, said: *"Visiting The Horder Centre changed my life. The pain in my hips was terrible, and although I didn't let it beat me, it was making things hard.*

"Everyone at The Horder Centre was marvellous. I cannot praise the care I received enough. Now, ten years on, I still feel great and can do all the things I could soon after my operations."

Sydie is a familiar face at the Arrow Riding Centre for the Disabled, based at Darenth Park in Dartford. She helps care for the horses and walks with the pupils as they ride.

She said: *"I really need to be fit to help out at the riding centre, which is something I absolutely love to do, and thanks to The Horder Centre I am still able to do that.*

"I heard about The Horder Centre from my sister and now my husband and I recommend it to as many people as possible."

Sydie was referred to The Horder Centre by her GP in 1997. Her first operation was funded by her GP practice. Two years later, she decided to return to The Horder Centre for her second operation. She was treated by Consultant Mike Fordyce on both occasions.

Diane Thomas, Chief Executive of The Horder Centre, said: *"Sydie's energy and commitment to helping others is an inspiration to us all, and her ability to maintain such an active life is testament to the quality of modern-day hip replacement surgery.*

"Sydie is also a great example of the care and dedication that our staff deliver and her ongoing fitness is a tribute to them and really highlights the charitable purpose of The Horder Centre."

David reaches for the stars after double knee replacement

AS A tour guide at the famous Herstmonceux Observatory, David Shave is used to climbing stairs within the landmark telescope domes.

However, arthritis in both knees meant his role at the Observatory was becoming increasingly difficult as walking and even standing became extremely painful.

But after two knee replacement operations at The Horder Centre, David, 63, is back to his best, revealing the secrets of the historic observatory to parties of visitors.

David, a retired civil engineer, said: "As a part time assistant at the Observatory, I take people on tours around the centre and that means climbing a lot of stairs.

"As my knees worsened, I was very wobbly on my feet, and had to climb stairs one at a time, which was a bit embarrassing and awkward. Even standing still and then moving off was becoming very painful indeed."

David was advised by his GP to opt for a double knee replacement and was

referred to The Horder Centre for treatment under the NHS Patient Choice scheme.

He said: *"I was so pleased to be referred to The Horder*

Centre, where I received superb care and attention under my consultant, Per Anderberg. Although I had not heard of The Horder Centre, my GP recommended I went there and I am so glad I did.

"All the staff were approachable, friendly and very good at what they do and I have made a great recovery."

Married father-of-two David, from Horam in East Sussex, is now able to enjoy his role again without pain and is keen to recommend the Centre to others.

He said: *"My treatment has made a huge difference to my life. I am now back to my best and am able to move around and climb stairs without difficulty. As well as my part time job, I am also back gardening."*



David Shave at Herstmonceux Observatory

Diane Thomas, Chief Executive of The Horder Centre, said: *"David's case study is another great example of how we are able to help people recover from often very painful and debilitating conditions and get back to enjoying their lives. As a charity, this is what The Horder Centre always strives to achieve."*

David will be on hand at the Herstmonceux Observatory Science Centre's open evening from 6.30pm to 11pm on January 23 when guests will be able to study Mars and the moon using one of the main telescopes and tour the Centre's indoor exhibits. For more details visit www.the-observatory.org



'Viewpoint'

...Update from our Medical Advisory Committee Chairman

Revision Joint Replacement Surgery – Improved technology should enhance results

THERE IS little doubt that the need for revision joint replacement surgery will continue well into the future. Although we are now using better materials for primary joint replacement, the number of primary operations is increasing rapidly and hence the need for revision surgery will remain.

Twenty years ago if a joint replacement failed, the only possibility for a revision would be to use the same type of primary joint replacement which would usually involve the use of a lot of bone cement to fill up skeletal defects. This type of surgery was known to have a poor survivorship. To overcome this, surgeons would use bone graft to fill up the skeletal defects in the hope

that this would prolong the life of the revision implant but more recently great advances have been made in the design of the implant and the use of different materials has been introduced.

For revision hip surgery, we now tend to use long stemmed uncemented implants which bypass weakened areas of bone and achieve good fixation in the strong part of the middle femur. For acetabular defects we now can use trabecular metal which not only grips much better to the host bone but also encourages rapid bony ingrowth into the metal and thus stabilises the implant. For large defects, extra pieces of trabecular metal can be screwed onto the pelvis providing added support.

New systems have also been introduced for revision knee replacement surgery, almost all involving long stems that go up the femur and down the tibia. These add support to the new knee joint.

There are also metal augments that can be attached to the implant to make up for areas of deficient bone. This type of revision implant has inbuilt stability to make up for any ligamentous deficiency.

With the use of modern technology, it would appear the results of revision joint replacement surgery should improve and allow longer lasting success.

Michael JF Fordyce FRCS
Consultant Orthopaedic Surgeon



New kit: Langton Green Under 10s show off their new strip

Langton Green FC on target thanks to The Horder Centre

THE HORDER CENTRE has become the proud sponsor of Langton Green Football Club's Under 10s side.

The team now sports a smart new white and blue kit, displaying the Centre's logo.

Team manager Andrew Corner, a Consultant Anaesthetist who works at the Centre, said: *"The boys are thrilled with the new kit, which they say has far more room and is very comfortable.*

"It's given them a real boost and they have had some excellent results since the kit was received so it seems to be doing

the trick. We are all very grateful to The Horder Centre."

Diane Thomas, Chief Executive of The Horder Centre, said: *"We are delighted to be supporting the Under 10s and are following their progress with interest. The players are all excellent ambassadors for The Horder Centre and we are thrilled to be associated with this popular local club."*

Last year the club scooped the Under 9s Sportsmanship Award from the Crowborough League, the only award handed out in the club's division.

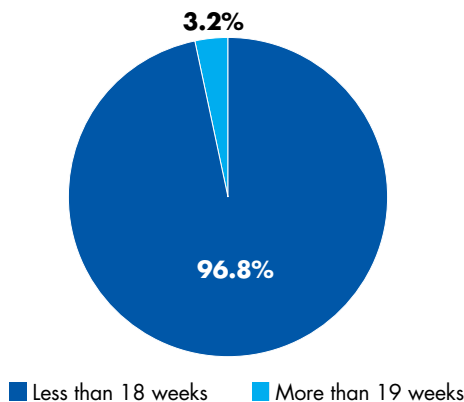
Waiting times improved again

THE HORDER CENTRE has improved its superb record for exceeding the Government's waiting time targets for treatment.

New figures for September, October, November and December last year show the Centre treated an average of 96.8% of patients within 18 weeks of referral, well above the Government target of 90%.

December was a very strong month with 99.6% of patients seen within the target time. This compares to an average of 94% at the Centre between January and August 2009.

Average figures for September to December 2009



Alison Green, Information Manager at The Horder Centre, said: *"2009 was another excellent year for The Horder Centre in our constant drive to exceed the national waiting time target.*

"To end the year with an improvement on our own high standards is testament to all the hard work our staff have put in.

Update on DVT prevention!

YOU MAY remember we informed you in our March newsletter that we were changing our protocol for reducing venous thromboembolism (VTE) from Clexane to oral Rivaroxaban. As part of any change in practice, we audit the results for patients to review clinical outcomes and to make an informed decision on improving the care and treatment for our patients.

The Horder Centre has a robust process in place to capture all data on adverse occurrences and this includes re-admissions, re-operations, infections and wound ooze. Since we commenced this new protocol in March we have seen a significant increase in wound ooze post joint replacement. However, in 2008 we saw 4 PE's but to date this year have only seen 1. We also have a more robust reporting process for wound ooze this year than 2008. Further research is to be carried out into the number of patients who were also taking aspirin pre-operatively and we are in discussions with a Consultant Haematologist on guidance for these patients. The decision from our Medical Advisory Committee was that we were to delay the commencement of Rivaroxaban until the morning following surgery however this will ensure it is still given within its license. We will continue to audit and review in a further three months.

There are many advantages of using this medication. The main advantage appears to be a significant reduction in PE's post surgery.

If you see any of your patients with significant wound ooze problems due to Rivaroxaban, please contact Rachel Ward, Director of Clinical Services.



Rachel Ward

GP Educational Events 2010

IT IS OUR INTENTION to continue with the provision of educational study events throughout next year following the success of those held during the last quarter of 2009. Feedback has been extremely favourable with a tremendous amount of interest being shown, not only on the variety of topics presented, but also on the development of The Horder Centre as a centre of orthopaedic excellence.

Invitations will continue to be sent individually, not only to every GP and allied health professional on our database, but also to the Practice Managers in order that the invite can be extended, hopefully, to practice staff, District Nurses and other interested parties.

Events will be held on a monthly basis, effective February, at chosen locations throughout Kent and Sussex and will be a combination of lunchtime/afternoon

and evening functions. Topics, of course, will be orthopaedic in content and designed to be relevant to day-to-day surgery or clinic practice. They will be presented by a variety of the consultant



Roger Mellhuish

surgeons who work with us at The Horder Centre and who come from your local NHS Trusts. We also plan to host a full Musculo-skeletal Study Day at The Horder centre itself, in mid-March, giving you the opportunity to visit the hospital and see for yourself why we are now recognised as the leading elective orthopaedic centre in the South East.

Firm dates for these events are still to be finalised but, be assured that your invitation will be received giving you plenty of notice to consult your diary and to hopefully accept. Details of events will also be posted on our website www.hordercentre.co.uk

We look forward to meeting you there!

Roger Mellhuish
Business Development Manager
01892 602995
Roger.mellhuish@horder.co.uk

Consultant Focus –



Richard Slack

I have been a consultant orthopaedic surgeon since 2005 and I specialise in hip and knee replacements. My subspeciality is revision hip arthroplasty, and I have one of the highest volume arthroplasty practices in the UK.

I qualified from Manchester University Medical School in 1994 and gained my experience by working across the North West before moving to the South East to complete my training.

I spent time in Nimes, France, in 2004 to learn more about revision hip arthroplasty with the ABG Group and was later invited to join their scientific group.

My professional memberships include the Royal College of Surgeons, the British Orthopaedic Association and the British Hip Society.

I work at The Horder Centre every Monday and enjoy my time at the hospital, which is a superbly run and efficient centre of excellence.

I am currently in training for an Iron Man triathlon event, which involves swimming 3.8km in the sea, cycling 180km and then running a marathon. I hope to complete my first event in Copenhagen in 2011."

Mr Slack, 38, originally from Sheffield, lives near Canterbury with his French wife and two children.

DIRECTORY OF SERVICES

The Horder Centre Directory of Services includes the following key clinics:

- Adult Foot and Ankle
- Adult Hand and Wrist
- Adult Hip Replacement
- Adult Hip Resurfacing
- Adult Hip Revision
- Adult Removal of Fixation Device
- Adult Shoulder and Elbow
- Adult Arthroscopy
- Adult Knee Replacement
- Adult Knee Revision
- Adult Anterior Cruciate Ligament Reconstruction

Free Choice

THE GOVERNMENT'S 'Free Choice' policy means more and more patients are choosing The Horder Centre for their NHS treatment. With the help of their GP, patients are making an informed choice about where they go for their elective orthopaedic treatment. Fortunately we are fast becoming one of the most popular choices locally.

There are four main reasons why patients choose us:

- **Quality of care**
- **Reduced waiting times**
- **Our reputation as a Centre of Excellence**
- **Cleanliness**

Other reasons why The Horder Centre is chosen continue to be:

- **Low infection rates**
- **Quality of our Consultants**
- **Word of mouth recommendation**
- **The warmth and friendliness of our staff**
- **Free car parking**

