



Summer 10

Revolutionary new procedure brings quick relief for back pain sufferers

THE HORDER CENTRE has begun offering a revolutionary new procedure designed to relieve acute back and leg pain.

Called X-Stop, the procedure is aimed at treating patients with the symptoms of spinal stenosis, in which the spinal canal narrows and compresses the nerves at the bottom of the spine.

The condition, suffered by thousands of people in the UK can result in severe pain and disability.

It is commonly treated by removing sections of bone and tissue in the spine to give the nerves more room. The procedure, called a spinal decompression, has a good success rate but requires a stay in hospital of between two and four days and patients often face two or three months of recovery time.

X-Stop however is a radically different approach and provides a simple way to permanently wedge open the narrowed spinal canal using a new device.

The tiny titanium device is shaped like a bird with two sets of wings, and is designed to fit between spinal processes, the small bony protrusions that jut out from the spinal column toward the back.

The surgeon makes a small and relatively superficial incision, and carefully places the X-stop in the effected area. The "wings" secure the implant between the spinal processes, so that X-stop remains in place without attaching to the bone or ligaments in the back.

The procedure can be done in approximately half an hour, does not require the removal of any bone or soft tissue, and in some cases, the patient can even go home the same day.

Consultant Guy Selmon has performed several successful X-Stop procedures, including at The Horder Centre. He said:

"Treatment of this condition usually means removing bone which is a fairly invasive procedure. Although it is often successful, there are risks associated with this type surgery.

"X-stop is completely different and seems to offer several potential advantages. The procedure takes around half an hour and is easy to perform compared to other procedures.

Recovery time is dramatically reduced."



WELCOME TO THE SUMMER EDITION OF ARTICULUS



After several months of careful planning, I am delighted that building work has now officially begun on our exciting redevelopment project.

The scheme will bring many superb benefits to the Centre and will allow us to offer our services to an even wider audience.

The project is possible due to the hard work of all our staff, and all your support, for which we are extremely grateful.

The new Coalition Government's White Paper which proposes a radical restructure of the NHS will pose many new challenges.

I am pleased to note that patient choice will remain an important aspect in developing our health service. Whatever changes are introduced, here at The Horder Centre we will continue to deliver the very best outcomes for our patients while providing excellent value for money and widest possible access to everything we do.

I hope you enjoy the newsletter and have a great summer.

Diane Thomas
Chief Executive, The Horder Centre



Patients give feedback at forum meeting

- Positive comments on choice, standards and outcomes
- Call for better parking addressed

MORE THAN 50 PEOPLE attended a patient forum meeting to give feedback on their treatment and overall experiences of the Centre.

The patient forum sessions are held every year at the Centre to find out what has worked well and what can be improved.

All reported high levels of satisfaction following treatment and in particular praised the cleanliness of the Centre and the care, attention and respect they received.

Accessibility to the Centre was also a highlight with visitors praising low waiting times, choice of operation dates and the fact their GP recommended the Centre.

Some said the amount of car parking was an issue, and we were able to report that improving parking at the Centre is part of our ongoing development project.

For the first time, the forum meeting was recorded on video which is available on our website, www.hordercentre.co.uk

Visitors to the forum were divided into smaller discussion groups made up of former patients and their relatives. They then discussed a range of topics from quality of care and cleanliness to levels of information and aftercare.

Among those who took part in the forum was James Rowe who visited the Centre on New Year's Eve for a total knee replacement. He was so impressed that he recommended the Centre to his wife for an operation to repair a torn cartilage.

Mr Rowe said: *"What makes The Horder Centre so different from other hospitals is the service you receive from the moment you arrive to after the operation. Once you are there you are looked after so well, and you feel so confident."*

"The experience I had was excellent and I have been able to recommend the Centre to my wife and she feels very confident already. The Horder Centre has a great reputation."

Diane Thomas, Chief Executive of The Horder Centre, thanked everyone for attending the forum.

She said: *"Here at the Centre we enjoy an excellent relationship with our patients based on our key values of efficiency, safety, warmth and friendliness."*

"The patient forum meetings allow us to ensure that relationship continues even after patients have left the Centre, and to introduce any improvements to our services that are identified."



'Viewpoint'

...Update from our Medical Advisory Committee Chairman

ALERT ON METAL ON METAL HIP REPLACEMENTS

IN APRIL THIS YEAR the Medicines and Healthcare Products Regulatory Agency (MHRA) issued an Alert on metal on metal hip replacements.

It has recently come to light that there are some patients who develop a reaction around the metal on metal implants. The incidence is rare and has been estimated to be between 1 and 9 in 1000. The exact cause is unknown for certain but is probably either a hypersensitivity reaction to metal ions or a physiological response to excess metal ions being generated by the joint replacement. The advice is that in the absence of symptoms no action is necessary but if a patient develops pain, swelling or any abnormal movement or clicking in the hip joint, they require further investigation. The first line investigation is a blood test to measure the level of cobalt and chromium ions in the serum. A plain X-ray of the hip usually fails to show any abnormality as it is a soft tissue response.

If the serum ions are elevated, further imaging of the hip is required either in the form of an ultrasound scan or an MRI scan with MARS (Metal Artefact Reduction Sequence). These will detect either increased fluid around the hip joint or even soft tissue masses which can form in response to the metal ions (Aseptic Lymphocytic Vasculitis Associated Lesion) (ALVAL).

If the patient remains symptomatic and has elevated ions and proven ALVAL in the hip, they require revision to a hip replacement with non metal bearings. The overall revision rate for this problem should be <1:100.

It should be remembered that the overall results of metal on metal hip replacement, either resurfacing or metal on metal hip replacement, is highly satisfactory as it is a very hard wearing bearing with large bearings to provide the best stability. Worldwide many hundreds of thousands of metal on metal hip replacements have been implanted with excellent results.

Michael JF Fordyce FRCS
Consultant Orthopaedic Surgeon

Physiotherapy Information Leaflets

FOLLOWING DEMAND from the GP and Allied Health Professional communities, we are pleased to advise you that the first of a proposed number of physiotherapy information leaflets are now available on our website.

The immediate need was for patient advice relating to acute back pain and, in this respect, we have provided the following information leaflets that can be reviewed and printed-off as necessary:

- Acute Low Back Pain
- Back Pain & Referred Leg Pain

These leaflets can be found within the Physiotherapy section of our website. Should you require clarification on the advice given or on any other physiotherapy issue, then please call **01892 600815** or email: info@hordercentre.co.uk

Also on The Horder Centre website is our Directory of Services.

Work on £3m redevelopment project begins

- **Project will see more en-suite rooms**
- **State of the art physiotherapy gym**
- **New admissions suite and outpatients area**

WORK IS OFFICIALLY under way on the Centre's major £3m redevelopment project.

Our Chairman, Roy Greenhalgh, helped cut the first turf at the site of the new development to mark the start of the scheme.

The first phase of the scheme is expected to be completed by Spring next year.

At the turf cutting ceremony, Mr Greenhalgh was joined by Matron Beverley Asprey and Martin Robinson from leading architects Building Ideas, based in Maidstone, who have considerable experience of working at the Centre having designed the hospital's new operating theatre.

Mr Greenhalgh said: *"This is a very exciting and significant moment for The Horder Centre and marks a well deserved reward for many years of hard work by all the staff here."*

"Through careful and prudent planning, which has seen a large rise in the number of NHS patients treated at the Centre, we have been able to build up the resources needed to make this redevelopment project a reality."

"It will greatly enhance the facilities we can offer our patients, and make The Horder Centre even more accessible to those who choose to come here."

The local planning authority, Wealden District Council, has now awarded full planning consent for the project and work on the main development has begun.

Refurbished treatment rooms are now in use, the outpatient area has been enlarged and new entrance doors for MRI Patients are due to be installed shortly.

Phase 1 of the project including work on a new access road and improved parking has started while work on a new physiotherapy gym and a new main reception with coffee lounge will also be installed. Phase 1 of the scheme also includes 16 new en-suite bedrooms on Dufferin ward, work on which will begin later this year.



Horder Centre Chairman Roy Greenhalgh joined Matron Beverley Asprey and Architect Martin Robinson for the turf cutting ceremony

Diane Thomas, Chief Executive of The Horder Centre, said: *"One of our key aims is to make The Horder Centre accessible to all, and by expanding and improving our facilities we will be able to achieve this without reducing the outcomes and standard of care our patients have come to expect."*

Golf



Day

Our Annual Charity Golf Day will take place at the East Sussex National Golf Resort on Monday 13th September.

THE GOLF DAY is open to all supporters and friends of The Horder Centre so, whether you are a single player or part of a team we hope you can join us for what promises to be a great day at one of Europe's finest courses.

The 18-hole Stableford Competition will also be supported by other competitions including nearest the pin and longest drive.

The day includes breakfast refreshments in the Ballroom at 10.30am, 18 holes of golf with a shot gun start at noon and ends with a 2 course evening meal at approximately 6.30pm. The cost for all this is just £68. The cost for spectators, including morning refreshments and evening meal will be just £25. Caddy cars will also be available at £25 per car. We hope you will agree that this represents excellent value for such a fine event and venue.

If you would like to join us this year please complete the tear off slip below and return it to Angela Reynolds, Events Coordinator, or email details to her at angela.reynolds@horder.co.uk. Your place or team places will be reserved and a booking form will be sent to you. If you would like any further details, please email Angela or call her on 01892 665577.

GOLF DAY REPLY SLIP

YES I/We would like to take part in this year's Golf Day

Name _____ No of players _____

Contact Address _____

Postcode _____

Daytime Telephone _____ Email _____

Please send this slip to Angela Reynolds, Events Coordinator at The Horder Centre, St John's Road, Crowborough, East Sussex TN6 1XP. Please note the closing date for entries is Friday 13th August 2010

View our latest Quality Accounts report online

Rachel Ward, Director of Clinical Services

OUR LATEST quality account report, outlining our current activities and future plans, is now available to read on our website.

The report for 2009/2010 highlights the purpose, values and aims of The Horder Centre as well as reference to the Centre's excellent financial performance to date.

A summary of our achievements, of which we are particularly proud, include:

- Low infection rates, including zero MRSA
- Excellent outcomes – low unplanned re-admissions and returns to theatre
- Very high patient satisfaction
- Our warm, friendly and caring environment, as stated by our patients
- The Government's 18 week "referral to treatment" target consistently achieved
- Our high level of cleanliness.
- All Care Quality Commission (CQC) minimum standards met
- Development plans will raise our standards and patient comfort still higher

The report discusses the way forward for the Centre for 2010/2011 and focuses on our Continuous Quality Improvement programme, with several references to our exciting new development programme.

The key areas chosen for development during 2010/2011 are:

Clinical Effectiveness –

1. Review the current patient pathway for hip and knee replacements to ensure best practice and with an aim to reduce the length of stay to less than 4 days

2. Provide professional management training (Certificate in Management) and coaching skills for all key managers including the Executive. Improve our induction programme, setting the tone and expectation for all new employees.

Patient Safety –

1. New build and refurbishment project will enable all patient rooms / areas to have piped oxygen and suction available
2. Improve anaesthetic services to support upper limb surgical techniques, ensuring improved day care process and reduced average length of stay.

Patient Experience –

1. Introduce a new coffee shop service for patients and relatives
2. Improve the outpatient waiting facilities to provide a warmer, lighter environment
3. Promote 'wellness' classes with priority for assisting patients with improvements to their health i.e. smoking cessation, weight loss, healthy eating. Provide gym facilities and fitness classes.

These areas were chosen through continuous communications with our service users. We have utilised patient satisfaction comments, staff survey feedback and comments from our Consultants to ensure priorities were identified.

The report concludes by outlining our achievements in 2009/2010 and highlights the appointment of our new Chairman, Roy Greenhalgh.

To view the report, visit the About Us section of our website at www.hordercentre.co.uk

Educational Presentations

FOLLOWING THE SUCCESS of the various monthly educational evenings held since October last year, I have begun to receive numerous requests for copies of the different power-point presentations given by the consultant orthopaedic surgeons.

Initial attempts to send-out these presentations by email have unfortunately failed due to the sometimes heavy image and/or video content.

Consequently, it has been decided to create a library of presentations within our new website and this work has now commenced. Very shortly, therefore, you will be able to view these presentations on line. The presentations will be able to be accessed only via the "GPs/Health Professionals" section of our website and then found under the "Consultants" heading as a newly created sub-section entitled "Educational Presentations".

I do hope that you find the use of these educational presentations of benefit within your surgeries/clinics and you can be assured of our continued best attention.

Meantime, plans are in place for the first of the regular monthly educational open evenings to be held following the summer vacations. Details are as follows:

Topic: "What's new in Spinal Surgery"

Presenter: Mr Guy Selmon, MB BS, FRCS (Tr & Orth)

Location: The Spa Hotel, Tunbridge Wells, Kent, TN4 8XJ

Date: Thursday, 23rd September 2010

Time: 7.00pm for 7.30pm

I look forward to meeting you there!

Roger Mellhuish
Business Development Manager
The Horder Centre
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New Consultant starts work at The Horder Centre



CONSULTANT ORTHOPAEDIC surgeon Michael Dunning has started working at The Horder Centre.

Mr Dunning became a consultant orthopaedic surgeon in 2009 at East Sussex Hospitals NHS Trust. His main clinical specialty is foot and ankle surgery including ankle injuries and tendon reconstruction.

He is a member of the Fellow Royal College of Surgeons, the British Orthopaedic Association and the British Orthopaedic Foot & Ankle Society.