



SPRING 2011

Articulus

The official Horder Centre newsletter
for GPs and health professionals

Leading the way

Horder Centre the first to sign new NHS contract *see page 4*



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to address Horder Centre event**

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Providing NHS services



Strategic Review moves forward – GP input sought



The Horder Centre's Strategic Review, set up to establish a five-year plan to continually improve services and meet future challenges, is progressing well but more input from GPs is sought.

In the last GP News, we announced the launch of the review to examine how best to enhance the Centre's existing services and outcomes by consulting with key stakeholder groups, such as GPs and other health professionals and patients.

Alison Green has now been appointed to the role of Strategic Development Manager – working alongside Horder Centre Chief Executive Diane Thomas, and external consultants, to define the Centre's strategy. Alison will in turn work with the Executive and Management Teams to implement the plans formulated as a result of the review.

In the first quarter of 2011, the review team has:

- > Held two staff forums
- > Held a patient forum
- > Spent an evening with our Consultant body

- > Met with our current PCT Commissioners seeking input from all on the ideas put forward
- > Issued questionnaires to staff and patients in order to capture feedback from those unable to attend the forums in person.

One of the clear messages coming across is "you do what you do so well, just keep doing more of the same". We will keep this key message in mind whilst also working to meet the more specific needs identified during the review.

Alison said: "Our thanks go to all those who have contributed so far, including those individuals who have put forward ideas as a result of the article in the last issue of Articulatus."

We need your help:

During the last three months there has been significant upheaval in the wider healthcare community as the

Government's plans for the role of GP Consortia have become clearer.

This has obviously been the subject of much debate in the media and understandably the focus of our local GPs has been in that direction.

It has therefore proved difficult to obtain direct GP input into our Strategic Review but we continue to be keen to hear your views. We aim to deliver continually improving services to patients and the local health care community and can only do this if our key stakeholders tell us what they want.

We are holding a GP event in May (see page 8) which will also be attended by members of our Management Team and will be an ideal opportunity to share your thoughts with us. Additionally, both Alison Green and Horder Centre Business Development Manager Roger Mellhuish are always available to take your call on 01892 665577.

Dr Stewart Torode retires from The Horder Centre

Consultant rheumatologist Dr Stewart Torode has announced his retirement from The Horder Centre.

Dr Torode has been providing weekly clinics in rheumatological medicine at the Centre since 1996, and has worked mainly in the diagnosis and management of inflammatory arthritis.

Dr Torode, MB ChB, FRCP, DPhysMed, also held keen interests in mechanical soft tissue conditions, disability from rheumatological conditions, chronic spinal pain and sports injuries.

Diane Thomas, Chief Executive, said: "We would like to thank Stewart for all his years of excellent service at The Horder Centre, and we wish him a very happy and healthy retirement."

Consultant Rheumatologist Dr Tony Hammond will take over from Dr Torode with immediate effect.

Champagne winner announced



Dr Parag Pandya, of the Swanscombe Health Centre in Kent, is the lucky winner of a bottle of champagne for his views on our relaunched Articulatus.

Readers were invited to comment on Articulatus, which has been redesigned in a contemporary new style to offer relevant news and features about The Horder Centre and its objectives to deliver the best outcomes for patients.

Dr Pandya kindly emailed his thoughts on the redesign and The Horder Centre's ongoing redevelopment project.

Welcome

to the Spring 2011 edition of Articulus.

We have enjoyed a busy start to the year, both in terms of successful outcomes and the multitude of activities going on at the Centre.

Our redevelopment scheme continues to progress well and we are already starting to see the enormous benefits the build project will bring.

Our Full Life Appeal has got off to an excellent start and will ultimately allow us to realise our longer term vision to ensure The Horder Centre remains the South East's leading orthopaedic centre of excellence.

I am thrilled to report that our latest clinical outcome data shows a zero rate of infection, supporting one of our core values to provide safe and reliable care.

Elsewhere, our Strategic Review is moving forward well and has resulted in some very positive engagement and consultation with our key partners, including GPs.

We would however like to hear from more of our GP and allied health partners, so please get in touch with your views on how we can enhance the services we offer.

We are privileged to welcome leading Australian physiotherapist Jenny McConnell to one of our forthcoming Health Professional education events, and I hope many of you will be able to attend. Full details of all the above are in this newsletter.

Finally, congratulations to Consultant Anaesthetist Dr Ian Hicks, who works at the Centre, for his OBE for his truly inspirational work in Afghanistan



Diane Thomas

Chief Executive, The Horder Centre.



Library of Presentations

GPs and other health professionals are reminded that all PowerPoint presentations given at our educational events are listed in the "Library of Presentations" on The Horder Centre website (www.hordercentre.co.uk) for your review and use.

New presentations will always be added following future events.

All Horder Centre events are clearly listed for your information on our website and can be easily viewed. Invitations, however, will continue to be sent to you on an individual basis.

A lot of care is taken to ensure that all educational events are relevant to you, our health professional colleagues, but we will always welcome your suggestions for future topics. Please contact Roger Mellhuish on 01892 602995 or by email on roger.mellhuish@horder.co.uk



Horder Centre the first in the South East to sign new NHS contract

The Centre has become the first independent healthcare provider in the South East to be awarded a new contract to treat NHS patients.



The *Any Qualified Provider* contract is the first of its kind to be signed with the South East Coast Strategic Health Authority (SHA) and allows The Horder Centre to treat patients referred for treatment under the NHS.

Currently, GP referred patients account for more than 90% of procedures carried out at The Horder Centre.

Any Qualified Provider status is a Government scheme designed to open up the healthcare system to independent providers who meet stringent conditions on outcomes and quality of care. The Horder Centre, a registered charity, has been an NHS provider for several years.

Diane Thomas, Chief Executive of The Horder Centre, said: "We are thrilled to become the first independent healthcare provider in the South East Coast SHA region to be awarded this important status.

"The status highlights our commitment to providing the highest possible standard of care and to give everyone access to the highest quality treatment.

"We can now continue to offer our services to everyone, from anywhere in the UK, who choose to visit us under the NHS and continue to give independence back to those who suffer the often debilitating effects of arthritis."

The new contract means NHS patients can continue to access services including orthopaedics, pain services and rheumatology, for the next year from 1st April 2011.

The new contract replaces the Extended Choice Network contract, which ceased on 31st March 2011, thus allowing patients to choose The Horder Centre under Patient Choice. The Centre has been accredited with providing services for the next three years, with yearly negotiations to be undertaken to determine activity levels from 2012.

New figures show The Horder Centre has a zero rate of infection for MRSA and C Diff, and that 97% of hip replacement patients, and 92% of knee replacement patients, show improvement after treatment, demonstrating above average results and placing The Horder Centre as one of the top providers in the country (see page 6 – refer to clinical outcomes article).

The Centre has embarked on a multi-million pound development programme to enhance its facilities even further by adding a new physiotherapy gym, more patient en suite rooms and a new reception and outpatients area.



Post-operative patients of The Horder Centre are now being treated closer to home thanks to a new outreach physiotherapy service launched in Eastbourne.

Two clinics a week are being offered, by The Horder Centre, at the Apollo Centre, part of the Princes Park Health Centre, to give patients easier access to follow up treatment.

Patients in Eastbourne and surrounding towns, one of The Horder Centre's core catchment areas, previously had to return to The Horder Centre or other clinics for their post-operative physiotherapy.

The physiotherapy outreach service at the Apollo not only provides convenient follow up treatment, but also allows The Horder Centre to monitor outcomes more closely among post-operative patients.

Debra Stork, Lead Outpatient Physiotherapist at The Horder Centre, is running the clinics with her team and they are already proving very popular.

Karen Bruton, Outpatients Services Development Manager, said: "Here at The Horder Centre we are committed to giving patients the best possible access to our services. By launching outreach clinics at the Apollo, we are greatly enhancing our ability to deliver effective post-operative physiotherapy.

"Patients are of course able to choose to return to The Horder Centre, but we have found that those in the Eastbourne area –

a core catchment for us – prefer to visit a local clinic.

"By delivering an official Horder Centre outreach service, we can closely monitor patient outcomes and ensure appointment times best suit users. So far, the clinics have proved extremely popular and we hope to expand our services at the Apollo in the months to come."

For more details about services offered by The Horder Centre at the Apollo Centre, located in Wartling Road, Eastbourne, contact karen.bruton@horder.co.uk or visit: www.hordercentre.co.uk/physiotherapy

New GP services launched

The Horder Centre is delighted to announce the successful launch of two new services, both available through the Choose & Book system.

A new **Back Triage Clinic** is being led by Consultant Orthopaedic surgeon Guy Selmon.

The clinic, available to patients through their GPs, is based at the Horder Centre. Following an initial assessment, patients will be referred for pain management, rheumatology, physiotherapy or further investigation into the appropriateness of possible back surgery.

Consultant Anaesthetist Dr Terry Ludgrove, a local specialist in pain

management and spinal cord control, is leading a new **Adult Pain Management** clinic focussing on lower back pain.

The clinic is designed to give easy access to a leading pain control service, helping patients live day to day with on-going pain.

The above services, together with their service codes, have been added to our website under "Directory of Services".

Karen Bruton, Outpatient Services Development Manager, said:

"These two new clinics are now successfully up and running, and are designed to give patients and GPs easy access to a comprehensive service for the control of pain and to help them decide upon the most appropriate treatment for back pain.

"We hope GPs will find this streamlined approach a benefit in addition to the continued low waiting times and very high standard of care that The Horder Centre is able to deliver."

Clinical Outcomes study shows zero rate of infection

New figures show the Centre has maintained a zero rate of infection and highly successful outcomes.

For the period from October to December 2010, our Clinical Outcomes study highlights how the Centre has performed more than 600 procedures including 470 arthroplasties.

The clinical outcomes following these procedures include:

- > 0.0% clinical infections (such as MRSA and CDiff)
- > 0.0% surgical site infections
- > 0.2% DVT rate
- > 0.7% pulmonary embolism
- > 0.7% unplanned transfer to other hospitals
- > 0.5% unplanned readmission
- > 0.2% unplanned return to theatres

Rachel Ward, Director of Clinical Services, said: "Our latest clinical outcomes are the result of our dedicated and professional staff and extremely robust procedures to ensure that all patients receive the highest possible standard of care.

"We work hard to deliver a clear message to GPs and other health professionals that they can refer to The Horder Centre with confidence and trust, and we will strive to maintain and where possible improve on our outcomes."

Since April 2009 The Horder Centre has also been participating in PROMS (Patient Report Outcomes Measure Study), which uses a series of questions and visual scales to compare the patient's condition pre and post treatment.

The study has just published data on procedures between April 2009 and October 2010. The Horder Centre is one of the top providers of data to the study, supplying information on over 600 procedures.

The Horder Centre's outcomes have been extremely positive, with over 97% of patients reporting improvement in the Oxford hip score and 92% on the Oxford knee score, placing The Horder Centre as one of the top providers in the country.

Clinical strategy: Putting patients first

The Horder Centre is currently reviewing its clinical strategy to ensure we continue to put patients at the heart of everything we do. Our aim remains to deliver the highest quality healthcare services to patients and through this to ensure that The Horder Centre (THC) is recognised as the Centre of Choice for musculoskeletal services.

The NHS definition of high quality care is that it is seen to be:

- > **Safe**
- > **Effective**
- > with positive **Patient Experience**

These principles remain as the focus for improving quality at THC and are key areas discussed with our patients at patient focus groups. We are very aware that quality is a moving target and continuous improvement in quality means that what is considered an acceptable quality today may not be acceptable this time next year.

In order to achieve our strategy we aim to provide individual care encounters that are consistently person-centred, clinically effective and safe, for every person, all the time.

The priorities of our strategy are:

- > Caring and compassionate staff and services
- > Clear communication and explanation about conditions and treatment
- > Effective collaboration between clinicians, patients and others
- > A clean and safe, care environment
- > Continuity of care
- > Clinical excellence



The Quality Strategy builds on the foundations of putting people at the heart of THC. It will mean that we will listen to people's views, gather information about their perceptions and personal experience of care and use that information to further improve care.

Added to this, there is also the need to treat as many people as possible within the primary care setting and limit those attending secondary care to those whose primary care treatments have been exhausted in accordance with the map of medicine. THC is very keen to establish closer links with primary care to see how we can work with you for the benefit of your patients. If you have any thoughts or ideas that you would like to share, please contact me to discuss.

rachel.ward@horder.co.uk



Horder Centre Anaesthetist awarded OBE for life-saving work in Afghanistan

Horder Centre Consultant Anaesthetist Dr Ian Hicks, who is a Lieutenant Colonel in the Territorial Army, has been awarded an OBE for his outstanding work as a Deployed Medical Director (DMD) at Camp Bastion in Afghanistan.

During his time at Camp Bastion, Dr Hicks headed up the camp's busy trauma unit, helping to treat hundreds of wounded soldiers and civilians, many with life changing injuries.

Having joined the British Army Royal Green Jackets Regiment in 1965, Dr Hicks soon decided that a career in medicine had better long term prospects. However, that did not keep him away from front line action and he has now been a member of the TA for 20 years.

His OBE was awarded mainly for his work at Camp Bastion on Operation Herrick from October 2009 to January 2010, and for his commitment to earlier campaigns, as noted by Major General Brealey, General Officer Commanding Theatre Troops, who in a letter of congratulations to Dr Hicks refers to his 'deep cold war credentials'.

Since 2001, Dr Hicks' military career has sent him around the world; he has served two tours in each of Bosnia, Iraq and Afghanistan.

In his role as DMD at Camp Bastion, the main British military base in Afghanistan, he had the acting rank of full Colonel, and his hospital team of 205 personnel included 50 US Navy doctors and nurses.

He took responsibility for the capability and response of the military hospital in Camp Bastion. This extended from the helicopter borne Medical Emergency Response Teams (MERT) through resuscitation, surgery and aeromedical evacuation back to the UK.

During a three month tour, Dr Hicks and his team treated more than 300 war wounded casualties many with severe, often life changing, injuries and performed nearly 600 operations on coalition soldiers, Afghan Security Forces and civilians including, sadly, 31 children.

Dr Hicks said: "Camp Bastion ranks as amongst one of the busiest serious trauma units in the world and its staff worked with resilience, compassion and

humour. It was an honour to work with them."

On his work at The Horder Centre, he said: "The Horder Centre is very focused, well organised and disciplined in what it does, and in that respect there is a comparison to the military, although clearly the military has a number of other stresses to take into account."

Diane Thomas, Chief Executive of The Horder Centre, said: "We are extremely privileged to include Dr Hicks in our team of dedicated staff, and I would like to join others in congratulating him on his extraordinary work in some of the most challenging environments imaginable. He is an inspiration."

Dr Hicks is the only TA officer to hold the prestigious position of a DMD and is "delighted to receive an OBE" but is keen to point out that "you are only as good as the team you play for". He will return to Afghanistan in October.

Knee Replacement – Unicompartamental versus Total Knee Replacement

There exists three basic types of knee replacement; firstly, patellofemoral joint replacement; secondly, medial or lateral unicondylar knee replacement; and thirdly, total knee replacement. Patellofemoral joint replacement remains a rare procedure as it is uncommon to have solely osteoarthritis of the patellofemoral joint. Also the results of this surgery are fairly poor with a 12% failure rate at 5 years.

The bulk of knee replacements are either, therefore, total knee replacements or unicondylar knee replacements. According to the National Joint Registry 7% of all knee replacements are unicondylar knee replacements with the rest being total knee replacements. The average age for a total knee replacement is 70 and for a unicondylar knee replacement 64. Thus, it appears the latter is used in a younger age group.

The indication for a unicondylar knee replacement (almost always medial) is osteoarthritis affecting only one compartment of the knee. Fixed flexion must be no more than 10° and there must not be a fixed varus deformity. The anterior cruciate ligament should be intact if using a mobile bearing knee (Oxford unicompartamental knee replacement).

The main advantage of a UKR over a TKR is a smaller incision, a more rapid recovery, a shorter length hospital stay, a greater range of motion and probably a better function. This has to be weighed against a higher failure rate. According to the National Joint Registry, the failure rate for UKR at 5 years is 9.4% as opposed to 3% for TKR. Revision surgery for a failed UKR, however, is fairly simple and usually involves only revising to a primary total knee replacement.

Michael JF Fordyce FRCS
Chairman Medical Advisory Committee



Golf Day

Date for your diary

Our Annual Charity Golf Day will take place at the East Sussex National Golf Resort on Monday 19th September.

The day includes breakfast, a friendly round of 18-holes of golf followed by a 2 course supper. Teams will be 4-ball and entries are welcome from teams or solo players.

If you would like to attend this year's event, or find out more information, please contact Angela Reynolds, our Events Coordinator, on 01892 665577 or send an email to angela.reynolds@horder.co.uk

We look forward to seeing you there!



Jenny McConnell to speak at forthcoming educational event

Leading Australian physiotherapist Jenny McConnell is to address one of two new educational events organised by The Horder Centre.

Jenny is a fellow of the Australian College of Physiotherapy and has been involved in research into patellofemoral, shoulder and lumbar spine problems.

She was recently recognised by the Australian government and awarded a member of the Order of Australia for service to physiotherapy as a practitioner and researcher, particularly through the development of innovative musculoskeletal pain management techniques and treatment.

She has published widely in these areas and has lectured extensively and conducted workshops around the world on the management of chronic musculoskeletal problems.

Events:

1. "Seizing the Opportunity that the Healthcare Reforms will bring!"

Specialist Speaker:

Dr David Woodhead

Venue:

The Cooden Beach Hotel, Bexhill-on-Sea, East Sussex, TN39 4TT

Date: Wednesday, 11th May 2011

Time: 7.00pm for 7.30pm

2. "The Management of Patellofemoral Knee Pain"

Specialist Speaker:

Jenny McConnell

Venue:

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

Date: Monday, 23rd May 2011

Time: 7.00pm for 7.30pm

As usual, personal invitations will be sent out prior to each of the above events but, meantime, please do not hesitate to reserve places by calling Roger Mellhuish on **01892 602995** or by email: roger.mellhuish@horder.co.uk