

SUMMER 2011

Articulus

The official Horder Centre newsletter for GPs and health professionals

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Jenny McConnell (left) with
The Horder Centre's Karen Bruton
(right)



World renowned physiotherapist speaks at Horder event

The Horder Centre was delighted to welcome the world renowned physiotherapist, Jenny McConnell, who agreed to spend time with us in Tunbridge Wells on her way back to Australia, following a fleeting weekend visit to a conference in Northamptonshire.

Jenny gave an evening lecture and demonstration on "The Management of Patellofemoral Knee Pain" (or "The Difficult Knee") with ample time for questions and answers, both during and after the presentations.

Jenny started her lecture at 6.30pm going right through until 11.00pm giving both Power-Point presentations

and practical demonstrations on her taping techniques. Feedback from those who attended has been tremendous.

We have tried to obtain copies of the Power-Point presentation for loading onto our website but Jenny, understandably, has been very protective of her material.

She has, however, supplied us with hard copies of the notes covering her

presentation and these are now appearing on our website within the sections, "Physiotherapy-Crowborough" and "Physiotherapy-Eastbourne" under the sub-heading of "Information Leaflets".

These notes are in "PDF" format and can be downloaded as required.

Long-standing Horder Centre anaesthetist retires

Dr Andrew Leach, who began working at The Horder Centre 22 years ago, has retired.

Dr Leach first practised at the Centre in the late 80's and has witnessed major growth at the hospital during his time there.

He began his career 38 years ago and after training in anaesthesia in Poole and Southampton, worked from 1984 as an NHS Consultant in Hastings, with a major ITU commitment for 20 years.

He also managed to find the time to travel to The Horder Centre to give anaesthetic support to Mr Charles Gallanaugh, along with colleagues including Dr Colin Alexander, who along with Mr. Gallanaugh helped to set up the Horder Centre as an Orthopaedic surgical unit. Peter Rattray, SCP, was another who was there at the beginning.

Dr. Leach said: "I thoroughly enjoyed working at The Horder Centre. The clinical team there is exceptionally knowledgeable, skilful, hard working and supportive, and there is a really enjoyable working atmosphere.

"Over the years The Horder Centre has expanded massively, with advances in equipment, drugs and procedures, resulting in a real improvement in patient care. I shall miss being part of this high quality service."

Dr Leach lives in Sandurst, Kent, with his wife, and has already enjoyed a sailing trip since retiring completely from medicine.



Welcome

to the Summer 2011 edition of Articulus.

In June we were thrilled to be named by Prime Minister David Cameron in a national televised speech as a shining example of how the voluntary sector can work with the NHS.

Mr Cameron's praise for the quality of our outcomes and the levels of patient satisfaction we achieve was immensely rewarding for our dedicated staff and volunteers.

I would also like to thank you, the GPs and health professionals, who continue to support us by referring patients to The Horder Centre.

However, we understand that to maintain and improve the quality of care we provide we have to invest in the future.

In the Autumn, we will realise the first phase of our development programme to deliver a 21st Century Horder Centre.

We will welcome Olympic gold medallist Sally Gunnell, OBE, to the Centre to officially open our new state-of-the-art physiotherapy gym, a proud moment in our 57-year history.

In addition to investing in the fabric of the hospital through our development project, we are also expanding our reach into the communities we serve with consultant orthopaedic outreach appointments at the Apollo Centre in Eastbourne, and at ESOPS, also in Eastbourne.

Two valued members of our team have announced their retirement, our Business Development Manager Roger Mellhuish and Consultant Anaesthetist Andrew Leach, and on behalf of everyone at The Horder Centre I would like to express my gratitude for their commitment and hard work over the years.

I hope to see as many of you as possible at our annual Golf Day on September 19 and wish you all a happy summer



Diane Thomas
Chief Executive, The Horder Centre.



Horder Centre launches physiotherapy service in Hastings

The Horder Centre is expanding its physiotherapy service by launching a new clinic in Hastings in partnership with the PCT.

The clinic – which is ring-fenced for GP referrals – will be held at Station Plaza health centre.

Patients will have access to the new dynamic Horder Centre Physiotherapy Service, delivered by the Centre's experienced physio team.

The service offers a wide variety of treatments delivered

using the latest techniques to achieve successful outcomes.

Karen Bruton, Outpatient Services Development Manager at The Horder Centre, said: "We are committed to delivering our services to an ever increasing number of people in their own locality, enabling better access to the unique and high

quality care we provide. Our new physiotherapy service at Station Plaza enables us to fulfil that commitment.

"By doing so, we hope to assist GPs in the ease of provision of services to their patients."

Station Plaza is located in Station Approach, Hastings.





Horder Centre teams up with ESOPS to boost outreach services

The Horder Centre is helping to reach out to more people with musculoskeletal conditions by working in partnership with out patient referral service ESOPS.

Eastbourne-based ESOPS (East Sussex Out Patient Services) provides a range of out patient services including Musculoskeletal, Orthopaedic Surgery, General Surgery, Colorectal Surgery, Urology and Gynaecology.

Consultant Orthopaedic Surgeon Per Anderberg, who works at The Horder Centre, has begun holding clinics at ESOPS and has already referred several patients to the Centre for treatment.

GPs are able to refer patients to ESOPS for diagnosis and treatment.

Mr Anderberg said: "By offering clinics at ESOPS, The Horder Centre is able to increase access to our services to many more people in Eastbourne, which is very positive. I feel this approach is the way forward."

The collaboration with ESOPS reflects one of The Horder Centre's key strategic aims to promote our unique brand of care, provide benefit to ever increasing numbers of patients and have a competitive presence within the South East Coast and bordering areas.

Diane Thomas, Chief Executive of The Horder Centre, said: "As a charity, The Horder Centre has always focused on giving as many people as possible access to the care and excellent outcomes we provide.

"We are delighted to be working in partnership with ESOPS. This collaboration will allow us to deliver our services to even more NHS patients and demonstrates our commitment to providing new ways of meeting customer needs.

"And through collaborations, partnerships and mergers with other healthcare providers and charities such as ESOPS, we aim to deliver care to areas that have an unmet need for musculoskeletal services."

Consultant focus: Per Anderberg

Mr Anderberg studied medicine in Germany and Sweden and gained Swedish Registration as a Doctor in 1990 and the Swedish Registration for Orthopaedic Surgery in 1994.

He gained his GMC registration in 2003 in Trauma & Orthopaedics and has worked in the UK since that time.

His main specialty is orthopaedic surgery with sub-specialities in sports medicine and a special clinical interest in knee and shoulder surgery.



He is a member of the Swedish Medical Association and the Swedish Orthopaedic Association.

Mr Anderberg, 50, is married with two young boys and lives in Tunbridge Wells. He enjoys reading, classical music and doing crosswords.

Prime Minister praises Horder Centre in national NHS speech

The Horder Centre has been praised by Prime Minister David Cameron as a shining example of how the private sector can support the NHS.

Speaking to an audience of NHS staff in June, Mr Cameron said private and voluntary sector providers like The Horder Centre help raise healthcare standards and value for money by creating more choice and competition.

In his speech, he praised providers like "the independent Horder Centre in East Sussex, which delivers orthopaedic care and has high patient satisfaction, low rates of re-admission, and excellent outcomes."

Mr Cameron made it clear that the UK was not about to switch to the American model of private medical care but said the NHS benefits from a "mixed economy of providers".

But he added: "So new providers, more choice and competition raises standards and delivers value for money."

The Horder Centre in Crowborough, East Sussex, is a centre of excellence in the South East, providing world-class joint replacement and orthopaedic treatment to thousands of NHS patients.

Under the NHS Patient Choice system, patients can ask their GP to be referred to The Horder Centre, helping to ease the burden on NHS hospitals across the South East and beyond. Procedures are carried out by the best local NHS consultant surgeons.

Diane Thomas, Chief Executive of The Horder Centre, said: "It is enormously rewarding to be recognised by the Prime Minister as a leading example of an independent sector hospital that is working hand in hand with the NHS to give patients access to very high quality care and excellent outcomes.

"Through continual improvement and investment we have earned the respect of healthcare commissioners such as GPs who are happy to refer their patients to us knowing they will receive the best possible treatment.



"As a charity, The Horder Centre exists to make a real impact on people's lives, helping patients with often debilitating orthopaedic conditions rediscover their independence.

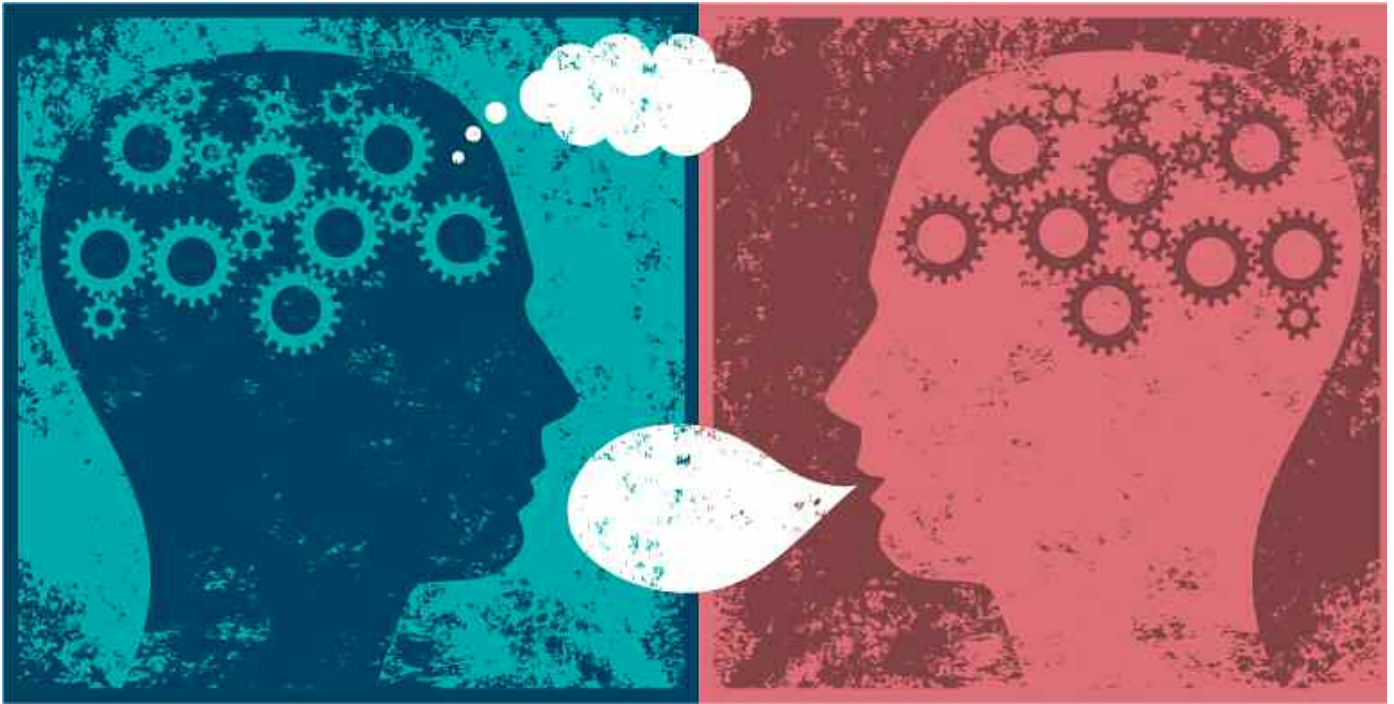
"As such, we believe it is sensible and practical to provide NHS services at a time when the health service is under such pressure."

The Horder Centre, a charitable organisation set up more than 50 years ago, provides outcomes for hip and knee replacements well above the national average and has a patient re-admission rate of just 0.75%. Waiting times are also well below the current 18 week target.

In a recent patient survey, 99% of patients said they rated areas such as cleanliness and quality of care as excellent, very good or good.

Currently the Centre is undergoing a multi-million pound development programme to ensure it is able to deliver 21st Century care to even more patients through enhanced outpatient facilities, a new physiotherapy gym and extra en-suite bedrooms for inpatients.





Strategic Review creates aspirational new aims and objectives

The Horder Centre’s strategic review, set up to establish a five-year plan to continually improve services and meet future challenges, has led to a new set of core aims, values and objectives.

The Review, launched at the end of last year, looked at how best to enhance the Centre’s existing services and products by consulting with key stakeholder groups, such as GPs and other health professionals and patients.

Following a series of staff, consultant and patient forums, as well as questionnaires and meetings with PCT Commissioners, the Review team has published a range of strategic aims and objectives which define the focus and direction of The Horder Centre for the next three to five years. These have been developed further to create some challenging and exciting plans for the next twelve months.

These include the ambitious aim of creating a world class therapeutic centre in the heart of the Ashdown Forest, to become a nationally renowned focal point for orthopaedic surgery, treatment, care and rehabilitation. This will be supported by a network of outreach services – a ‘hub and spoke’ approach – which will allow patients to more easily access The Horder Centre services whilst remaining within their local communities.

Staff at The Horder Centre are determined to provide benefit to ever increasing numbers of patients and are looking to develop and increase rheumatology and physiotherapy services to help achieve this. Plans to launch services to 16-18 year olds are already well underway and the introduction of rehabilitation services is envisaged.

Recognising the importance of all parties with connections to The Horder Centre, the development of stakeholder relationships is a top priority too. This will ensure that the services being developed are those that work best for the community. Building on the success of events held over the last year there are plans to develop consultant/practitioner led seminars and training events

at The Horder Centre and in the community.

The Review has also generated a revised Vision to be “the best provider of orthopaedic and musculoskeletal services, within a therapeutic atmosphere – a great place to work, practice medicine and receive care”.

In addition, the Review has led to a new set of core Values, listed below:

- > **Caring** – We believe that all with whom we interact will be treated with utmost respect and empathy.
- > **Friendly** – We foster a culture that is warm, welcoming and responsive.
- > **Quality** – We deliver the best service we can whilst striving to continuously improve.
- > **Integrity** – We are always reliable, honest, consistent and transparent in our approach.
- > **Pride** – Our team are proud of what they do, taking pleasure in delivering a unique service.

Alison Green, Strategic Development Manager at The Horder Centre, said: “Following a period of in depth consultation with our staff, patients and key stakeholders we are confident our new aims, values and objectives represent the right direction for The Horder Centre to follow in order to deliver the best outcomes to the highest number of people.

“The work of the Review team will shape how the Centre develops and improves for several years to come, and we now have a firm base from which to launch that growth programme.

“Consultation on our plans for the future will continue and I would like to thank everyone who has taken part in the process so far.”

Case Studies

Brenda Whitlock (right),
with friend



Visiting The Horder Centre “was worth every mile”

Two patients from Chichester have praised the superb levels of care at The Horder Centre, saying their visits were “worth every mile”.

For charity volunteer Audrey Todd, 76, a painful knee made it hard for her to carry out her valuable support work at a Hospice in West Sussex.

But following a successful knee replacement operation at the Centre earlier this year, she is now back on her feet supporting bereaved families.

Audrey was thrilled with her care and said travelling to The Horder Centre more than 50 miles away was “worth every mile”.

She said: “As soon as you walk in the front door at The Horder Centre people are friendly and smiling. It reassures you and gives you confidence.

“Nothing was too much trouble. My whole experience can be described as one of compassion and caring from a truly dedicated staff.

“I highly recommend the Centre for anyone contemplating an orthopaedic procedure. The Horder Centre is a long way from where I live but the expert care is worth every mile. I felt it was definitely worth going the distance.”

Audrey, who volunteers at St. Wilfrid’s Hospice, was recommended to The Horder Centre by a friend who had recently had a hip replacement at the Centre.

Fellow Chichester resident Brenda Whitlock returned to The Horder Centre after previous successful surgery 12 years ago and is now back enjoying her favourite past time of rambling.

The 77 year old was forced to give up rambling due to a painful right hip. Brenda could barely move her leg as it had become stiff. She felt she was holding her rambling group back and as a result stopped taking part.

Brenda, who has made a quick recovery following her stay at the Centre, said: “The care was superb, you could not fault it. It was like staying in a first class hotel.”

Brenda is so pleased with the service she has offered to drive her friend to and from the Centre, so that she too can have treatment there. Brenda said: “It is well worth making the journey.”

She is now back walking her favourite route along the south coast without the aid of a walking stick.

New technology will provide better results in joint revision surgery

For the time being, there will be a substantial burden of revision hip and knee arthroplasties. As a rule of thumb, 1:10 hip replacement operations is a revision arthroplasty and 1:20 knee replacement operations is a knee revision arthroplasty. It is likely that this burden will continue for the foreseeable future, although better primary joints should mean primary joint replacements will last longer and out live their recipient.

In the early days of joint revision surgery, the surgeon had to rely on using the primary implant as the revision prosthesis. This almost always necessitated the use of a large quantity of bone cement to both anchor the prosthesis in position and make up for deficiencies of bone stock which have resulted from the loosening of the prosthesis. It soon became obvious that for the majority of loose knee replacements, stems had to be attached to the prosthesis to gain purchase on the skeleton. Knee revision surgery, therefore, is almost always performed with stemmed implants.

With regard to revision hip replacements, newer implants have largely concentrated on uncemented prostheses. On the femoral side, long uncemented stems have been developed which provide primary fixation in the distal femur. These can be coated with hydroxyapatite which encourages bone to stick to the prosthesis. On the acetabular side, trabecular metal

technology has been developed which not only aids primary fixation but also again encourages bony ingrowth into the implant. Also, augments have been developed to make up for bone deficiency and the use of bone graft can also be used to make up for bone loss. In extreme cases, there are prostheses which can be screwed onto the pelvis.

Advances are being made in knee revision implants which not only enhance fixation of bone but also provide inherent stability to make up for ligament laxity. Most of the advanced designs also have a degree of rotation present which can reduce excessive wear on the polyethylene component.

All these improvements have enhanced our ability to provide longer lasting and better functioning revision operations.

Michael JF Fordyce FRCS
Chairman Medical Advisory Committee



Olympic star Sally Gunnell to officially open new physiotherapy gym

As part of The Horder Centre's multi-million pound development scheme, our new state-of-the-art physiotherapy gym will be officially opened in September by Olympic gold medalist Sally Gunnell, OBE.

Sally, the only woman ever to hold four major track titles concurrently, will visit the new gym on September 27. She will meet guests made up of local dignitaries, sports club organisers and health club managers before unveiling a plaque to declare the gym open.

The gym will allow the Centre to deliver the very latest physiotherapy treatment and exercise classes using the most up to date equipment in a modern and spacious environment.

The gym will play an integral part of the new Horder Centre Physiotherapy Service, providing expert treatment for musculoskeletal and orthopaedic conditions.

Using the new gym as the focus, treatment options include:

- > Sports injury rehabilitation
- > Joint mobilisation
- > Electrotherapy (ultrasound, interferential and LASER)
- > Sports and therapeutic massage
- > Acupuncture for pain relief
- > Spinal core stability retraining, incorporating classwork and one-to-one
 - Traditional Pilates
 - Modified Pilates
- > Exercise class for knee pain associated with arthritis
- > Postural education
- > Corrective exercise
- > Post operative rehabilitation



Diane Thomas, Chief Executive of The Horder Centre, said: "The opening of our superb new physiotherapy gym is the product of months of planning and building work.

"We are thrilled to welcome Sally Gunnell OBE to the hospital as a leading light in British athletics and someone who truly understands the importance of physiotherapy.

"We are now realising the first phase of our development programme to allow The Horder Centre to deliver 21st Century care and outcomes, building on our core values of care, friendliness, quality, integrity and pride."

Full details of The Horder Centre's new dynamic physiotherapy service can be found at www.hordercentre.co.uk



Golf Day

Our Annual Charity Golf Day takes place at the East Sussex National Golf resort on Monday 19th September.

Whether you are part of a team or a single player, our annual Golf Day is open to all supporters and friends of The Horder Centre. We hope you can join us for what will be a great day at one of Europe's finest courses.

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

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 continues to represent excellent value for such a fine event and venue.

We will also be holding a special prize draw and raffle again this year and any donations towards the raffle would be very gratefully received.

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. Alternatively you can download the booking form at www.hordercentre.co.uk/events

If you would like any further details, please email Angela at angela.reynolds@horder.co.uk 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 12th August 2011.

