



Sleep Visiting Professional Programme

Introduction

The Guy's and St Thomas' NHS Foundation Trust Sleep Visiting Professional Programme is designed to provide international visiting professionals with the opportunity to experience our highly acclaimed sleep service and its specialist clinics. The aim of our programme is to provide a unique development experience which broadens visiting professionals' clinical education and enables them to learn new skills that can be transferred back to their work place.

The programme offers an unrivalled opportunity to benefit from world class sleep knowledge in the heart of London.

Who should attend?

This programme is intended for non U.K. advanced trainee clinicians, registrars and consultants who wish to learn more about the diagnosis, treatment and management of severe sleeping disorders.

Visitors have the choice of applying for a practical attachment or observership programme. Those wishing to apply for a practical attachment must have GMC registration. You can apply for GMC registration directly through the main GMC website (www.gmc-uk.org), alternatively The Royal College of Physicians run a medical training initiative which facilitates GMC registration and provides sponsorship for a Tier 5 visa. You can find out more about their Medical Training Initiative by visiting their website (www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative).

Duration

Our placements normally run between 3 months and 12 months. The programme's duration can be tailored to the specific learning requirements of those visiting the Trust.

Format

The sleep programme is delivered within the hospital work place and it includes exposure to clinics, wards and internal education activities such as teaching meetings.

The programme is designed to fully integrate visitors within the day to day service of our sleep department. Visitors will be aligned with a supervisor from within the clinical team who will provide one to one support and ensure that all of the learning and development needs and expectations are met.

Overall Aims

The sleep programme is aimed at those who wish to extend their expertise in sleep services and it has been designed so that visitors gain a full understanding of the treatment and care services our Sleep Department provides.

An understanding of the different service models and the chance to review and assess the viability of the models in different clinical environments, such as the visitor's home country

The programme aims to include:

Direct experience and exposure of clinics and ward rounds

Opportunities to participate in internal meetings and educational activities, such as the multidisciplinary team meeting and grand rounds

An insight in to the importance of adopting a multidisciplinary approach in the management of severe sleep disorders

Interaction with the wide range of faculty that contribute towards patient care within the sleep service, including nurses, psychologists and technicians, so as to gain an understanding of the assessment and management pathways

Experience of the NHS and working in one of the largest teaching hospitals in Central London

Sleep Department

The Sleep Disorders Centre is a nationally and internationally renowned centre of excellence for the investigation and treatment of disorders of sleep. It is one of only two British Sleep Society accredited sleep centres providing diagnosis and treatment for any sleep condition. In collaboration with the paediatric sleep service we offer the only Lifetime Sleep Service in the UK, and working with the Lane Fox Respiratory unit we have access to healthcare for patients on non-invasive ventilation.

Our main sleep unit is located in Nuffield House on Guy's Hospital campus. We have nine dedicated Sleep beds with the capability to perform both full and extended polysomnography and telemetry studies. We also perform Multiple Sleep latency and Maintenance of Wakefulness Testing and have the capability to include Osler testing to gauge vigilance if necessary. We also perform cardio-respiratory studies, in house and domiciliary pulse oximetry, actigraphy and light therapy. We also offer cognitive behavioural therapy for patients with complex sleep requirements.

Conditions that we diagnose, investigate and treat include:

- complex obstructive sleep apnoea
- central sleep apnoea
- parasomnias - sleep walking, REM-behaviour disorder, night terrors, sexomnias, sleep eating, restless legs, periodic limb movements in sleep, nocturnal myoclonus and nocturnal epilepsy
- idiopathic hypersomnia
- narcolepsy and cataplexy syndrome
- sleep-wake schedule disorders - phase delay syndrome or non-24 hour circadian rhythm disorder

We also have an active research department, which is currently running several NIHR Portfolio studies, and we are supporting the British Lung Foundation in a sleep apnoea awareness campaign.

Daily outpatient clinics are held at Nuffield House, with some additional clinics being offered at the Lane Fox Unit within St Thomas'. We provide a General Sleep Clinic which treats patients with obstructive sleep apnoea comorbidities such as diabetes, extreme obesity, delayed sleep onset and offset, Snoring and Sleep Apnoea Clinics including technologist led CPAP set up and review clinics.

In addition to our internal services and clinics, the Sleep Department works within the community by providing ambulatory screening equipment, predominantly for sleep apnoea, but also for circadian rhythm disorders.

Faculty



Dr Guy Leschziner | Consultant Neurologist and Sleep Clinical Lead

Dr Guy Leschziner works as a consultant neurologist within the Department of Neurology and Sleep Disorders Centre at Guy's and St Thomas' hospitals. He is clinical lead for the sleep disorders centre. He is also visiting senior lecturer at the Department of Clinical Neuroscience, King's College London. He currently undertakes general neurology clinics and specialist clinics for sleep disorders, epilepsy and neurocutaneous syndromes.

Dr Leschziner completed medical school at Magdalen College, Oxford, and Imperial College at St Mary's. After general medical training, he went on to complete a PhD in the genetics of epilepsy and drug management at Imperial College and the Wellcome Trust Sanger Institute, Cambridge. He undertook neurological training at Guy's and St Thomas', Charing Cross Hospital and the National Hospital for Neurology and Neurosurgery, Queen Square.



Dr Joerg Steier | Consultant Physician in Respiratory and Sleep Medicine

Joerg is a Consultant Physician in Respiratory Medicine and Sleep at Guy's and St Thomas' and Senior Lecturer in Respiratory Medicine at King's College London School of Medicine. Joerg is also a member of the Association of ERS Fellows. He has published several papers on the physiology of sleep-disordered breathing and the respiratory muscles in international peer-reviewed and high-impact factor journals.

His current research is focused on novel treatment options for sleep apnoea and patient based biomarkers of respiratory symptoms and neural respiratory drive. Besides Joerg's scientific publications, he has edited a book about lung function testing and he supports research in public health for the sleep apnoea awareness campaign of the British Lung Foundation.



Professor Adrian Williams | Professor of Sleep Medicine, Consultant in Sleep and Respiratory Physician

Professor Adrian Williams graduated from University College Hospital, London and in 1975 his interest in sleep began whilst at Harvard, Boston with the investigation of Sudden Infant Death Syndrome (S.I.D.S.) and publication of a definitive study implicating obstructive sleep apnoea (OSA) as a cause of this syndrome .

Professor Williams was one of the first to take the Board exams in 1989 to become an accredited polysomnographer and later member of the American Academy of Sleep Medicine. In 1994 Professor Williams returned to London where he established the Sleep Disorders Centre at Guy's and St Thomas' Hospital, now the largest in the UK.

Professor Williams is a Diplomat of the American Board of Sleep Medicine, one of Europe's first Grandfathered Somnologists, a founding member of the Sleep Medicine Section of the Royal Society of Medicine and the RLS-UK Group and in 2008 was awarded the UK's first Chair in Sleep Medicine.



Dr Rexford Muza | Consultant Respiratory Physician

Dr Rexford Muza is a consultant in Respiratory Medicine, Sleep Medicine and General Internal Medicine at Guy's and St Thomas' NHS Foundation Trust. He is also the general internal medicine faculty lead. His qualifications include Masters of Medicine in Medicine (MMED-MED), CCST Respiratory Medicine, FRCP and ESRS certified Somnologist.

He has a specialist interest in respiratory sleep physiology and sleep neurobiology. In sleep medicine he has had some publications on narcoleptic syndromes and has looked at the use of stimulants in pregnancy.



Dr Brian Kent | Consultant Respiratory Physician

Dr Brian Kent is a consultant respiratory physician at Guy's and St Thomas' Hospitals, specialising in sleep disorders and severe asthma. His research interests include cardiovascular and metabolic associations of sleep disordered breathing, novel diagnostic strategies for sleep apnoea, and relationships between obesity and respiratory disease.

Fees

A course fee per week will be applied. This excludes accommodation and travelling expenses. Participants will be provided with a certificate at the end of their attachment.

Registration and enquiries

To register for the Visiting Professional Programme - Sleep please complete the application form at www.guysandstthomasevents.co.uk and return to:

Events

Guy's and St Thomas' NHS Foundation Trust

vpp@gstt.nhs.uk

Telephone: + 44 (0) 207 188 7188 extension 55865

Guy's and St Thomas' NHS Foundation Trust

Guy's and St Thomas' NHS Foundation Trust is one of the largest Foundation Trusts' in the UK. It consists of St Thomas' Hospital, Evelina London Children's Hospital and Guy's Hospital.

The Trust provides a full range of hospital services, as well as specialist services including cancer, cardiothoracic, women and children's services, kidney care and orthopaedics. Guy's is a major centre for cancer and renal services with the UK's largest kidney donor programme, and is also a leading centre for genetics, stem cell and allergy research and cleft lip and palate. St Thomas' is a leading centre for the treatment of cardiovascular disease, stroke, HIV and dermatology.

The Trust has one of the largest critical care units in the UK and one of the busiest A&E departments in London.

It has an annual turnover of £1.2 billion and employs 13,500 staff.

Last year, the Trust handled over 2 million patient contacts, including:

- 1.07m outpatients
- 85,000 inpatients
- 88,000 day case patients
- 192,000 accident and emergency attendances
- 859,000 in community services
- 6,847 babies delivered

The Trust has 665 beds at St Thomas', 288 at Guy's, 144 at the Evelina London Children's Hospital and 64 in the community.

NHS statistics show that our patient survival rates are nearly 25 per cent better than the national average. This is one of the lowest standardised mortality rates in the NHS and provides an important indication of the quality of care provided by our clinical staff.

In 2013, the Dr Foster Hospital Guide awarded us Trust of the Year for safe care.

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