



Visiting Professional Programme: Cleft

Introduction

The Guy's and St Thomas' NHS Foundation Trust Cleft Visiting Professional Programme (VPP) is designed to provide international visiting professionals with the opportunity to experience first-hand our leading South Thames Cleft Service, which specialises in the comprehensive management of cleft lip and palate from birth to adulthood. We have a fully integrated clinical team based in an all-encompassing cleft unit at the London headquarters of our regional networked service, covering South East England. Our specialist clinical team comprises of experts from the fields allied to all modalities of modern cleft care – clinical nurse specialists, surgeons, children's and adult dentists, speech and language therapists, orthodontists and psychologists and has firm links to other teams such as audiology, ENT, dietetics, genetics etc. The programme offers a unique chance to be fully integrated within a service which is at the forefront of clinical activity, training and research.

The programmes are designed by our clinical leads to provide unique development experiences which enable visiting professionals to broaden their clinical expertise and learn new skills that can be transferred back to their work place. We are excited to deliver exclusive access to observe and work alongside our cleft lip and palate faculty and to provide an opportunity for international professionals to gain insight into our Trust and the role that our staff play within the NHS.

Who should apply?

This programme is intended for non-U.K. clinicians from any of the specialities linked to the cleft team including senior residents or attending consultants with an interest in cleft lip and palate care.

Visitors have the choice of applying for a hands-on attachment or observership programme. Those wishing to apply for a hands-on 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

It is recommended that in order to get the most out of the Cleft programme, that visiting professionals undertake an observership placement of at least 2 weeks. However, the programme's duration can be tailored to the specific learning requirements of those visiting the Trust.

Format

The Cleft programme is delivered within the hospital work place and it includes exposure to clinics, inpatient ward rounds, multidisciplinary team meetings, depending on the length of programme that visitors request.

Visiting professionals will be aligned with supervisors from within the clinical teams who will facilitate agreed learning and development needs. We would expect visiting professionals to be totally integrated in the day to day service within our cleft team.

We will also provide visitors with the opportunity to get involved in research and improvement projects.

Overall aims

The programme is aimed at those who wish to extend their clinical expertise in cleft lip and palate care within Evelina London.

The aims of the programme include:

- The opportunity to have direct experience and exposure to our surgical team in the operating theatre, multidisciplinary cleft team clinics, individual cleft clinical specialists (e.g. dental, specialist nursing, orthodontic, speech therapy, psychology) and ward rounds within a unique cleft service
- Access to the clinical nurse specialist team to view their work in the community and in the hospital alike
- If possible, attendance at outreach multidisciplinary team clinic
- Participation in multidisciplinary team meetings
- Access to departmental seminars and teaching sessions as well as any and national meetings / conferences that align with your visit
- The opportunity to develop networks and close links for future close working relations through peer mentorship throughout the programme from a named mentor
- The opportunity to complete specialty projects and research with a view to submission for peer review

Individual weekly timetables will be created depending on each visiting professional's requirements and will certainly involve access to the multidisciplinary clinics and those run by the individual cleft specialists in dental, clinical nurse specialist, orthodontic, speech therapy and psychology.

Sample timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Paediatric Theatres	Multidisciplinary Team Clinic	Velopharyngeal Investigation (VPI) clinic	Outreach Multidisciplinary Team Clinic Adult Theatres	Multidisciplinary Team Clinic
PM	Paediatric Theatres Team meeting	Multidisciplinary Team Clinic	Velopharyngeal Investigation (VPI) clinic	Outreach Multidisciplinary Team Clinic Adult Theatres	Adult Theatres

Individual weekly timetables will vary as we have a different set of commitments every week of every month.

Cleft service

All children born with a cleft lip and/or palate in Surrey, Kent, Sussex and south London are referred to our service based at Evelina London. This may be following a diagnosis of cleft lip made at the 20 week scan during pregnancy or after birth. The CNS team respond to the referrals within 24 hours, providing an on call service at weekends and Bank Holidays.

Older children that have palate problems but who do not have an obvious cleft may also be referred. These may be identified from symptoms such as frequent nasal regurgitation as a baby and/or nasal sounding speech as the child gets older.

Surgery to repair the baby's cleft is carried out at Evelina London and adult surgery is provided at GSTT. Outpatient clinics are held at our purpose built cleft unit at St. Thomas' Hospital and at our six regional outreach clinics.

Around 140 new babies born with cleft lip and/or palate are referred to our service every year. Adults who have previously received treatment are also referred to us as we also host a comprehensive adult service.

Surgical Treatment

In the UK, most centres work to the same protocol:

- the cleft lip is usually repaired between three and six months of age
- the palate is usually repaired from six to 12 months of age

These are procedures that are both completed under a general anaesthetic and the child will often be in hospital for one or two nights after their surgery.

Cleft lip and palate outpatient clinics

Our headquarters are based at:

- London – St Thomas' Hospital

We have full outreach clinics at:

- Brighton – The Royal Alexandra Children's Hospital
- Canterbury – The Kent and Canterbury Hospital
- East Grinstead – The Queen Victoria Hospital
- Gillingham – Medway Maritime Hospital
- Guildford – The Royal Surrey County Hospital
- Worthing – Worthing Hospital

Clinical Nurse Specialists (CNS)

Following antenatal diagnosis of an orofacial cleft, one of the clinical nurse specialists will make contact with the referring hospital / family within 24 hours of referral, to answer any initial questions, and to arrange an appointment to offer information, support and help to prospective parents. Families are seen again nearer to the expected date of delivery, to develop a plan for feeding following birth.

Following postnatal diagnosis of an orofacial cleft, one of the clinical nurse specialists will visit the baby and parents within 24 hours of referral, to make a comprehensive assessment of the baby. The CNS will develop a feeding and cleft management plan with parents, medical and nursing staff, and offer information and support to parents of babies born with a cleft.

The CNS team works closely with the nursing and medical staff in the maternity unit at St Thomas' Hospital and also at our partner maternity units around our regional network.

The cleft Clinical Nurses Specialists help manage the baby's care both in hospital and following discharge home into community. They continue to see the family at home to support parents and monitor and manage their baby's feeding, growth and development.

The CNS team provide specialist cleft support in addition to the routine care that the midwife and health visitor offer.

The CNS team also provide peri-operative support, assessing the baby's readiness for surgery, ensuring investigations are carried out appropriately, and liaising with other health professionals. The team provides ongoing support through admission, surgery and post-operative assessment and care.

Speech and language therapy

Children born with cleft lip and palate or isolated cleft palate, are seen for assessment by a specialist speech and language therapist.

If a child has a cleft lip only, individual appointments with the speech team are not required. However we are always available at the cleft clinics, if parents have any concerns about their child's speech.

- **Monitoring speech and language**

Around the time of palatal surgery parents will be given early advice regarding speech and language development. This is often around the time that their child is starting to babble so we will discuss ways to encourage sounds and give information on how the palate works during speech.

We see children at set stages of their development for speech assessment to assess the development of their speech sound system and to monitor their velopharyngeal function for speech:

- 2 years old, so we can begin to see how their speech and language is developing
- 3 years old for further speech assessment.

We will also carry out speech recordings of a child when they attend their cleft clinic appointment at the ages of five and possibly at 10, 15 and 20.

Depending on a child's needs, at any stage of their development we may offer:

- Assessment appointments
- Speech sound therapy
- Diagnostic therapy
- Specialist objective investigations of their velopharyngeal function for speech.

Restorative/Paediatric Dentistry and Orthodontics

Children with a cleft lip/palate are introduced to the children's dentist or orthodontist when they visit the cleft palate clinics.

The children's dentist helps children with a cleft maintain healthy teeth. This is done by giving lots of preventive dental advice from very early on in the child's development right through to 16 years. We will liaise with the child's local dentist and will help to provide any necessary treatments.

Beyond 16 years old, patients may also access our adult restorative dental care services where required and receive options to manage their concerns. The restorative dental care required for some groups of patients, particularly adult patients who are returning to access the cleft service, can often be complex and require a multi-disciplinary approach.

The orthodontist monitors the growth and development of the child's teeth and jaws and coordinates the taking of photos, models and x-rays throughout the child's development. The specialist orthodontic team may provide care at the cleft headquarters for orthodontic treatment or they may liaise with another cleft specialist orthodontist in a partner hospital unit nearer to the child's home.

Clinical Psychology

The Clinical Psychology team within the South Thames Cleft Service provides psychological support for individuals and the families of individuals with cleft lip and/or palate.

The Clinical Psychologists meet with individuals experiencing difficulties in relation to cleft which have either a direct or indirect impact on their psychological well-being and aim to provide a specialist support service which specifically addresses the range of cleft-related difficulties commonly encountered.

Some of the issues that may be addressed can include helping ante-natal and post-natal concerns (including support around the diagnosis of cleft), helping individuals to deal with other people's questions and comments or bullying and teasing, difficulties with confidence and self-esteem, appearance concerns, decision making and treatment planning, support around surgery, anxiety and worries and low mood.

Faculty

The cleft team is made up of specialist clinicians from different areas who work together to provide care and treatment from before birth and into adulthood for children with cleft lip or palate problems.

Head of service

- Alex Cash

Service manager

- Ruth Sagers

Consultant cleft surgeons

- Duncan Atherton – consultant cleft and paediatric plastic surgeon
- Piet Haers – consultant cleft and maxillofacial surgeon
- Norma Timoney – consultant cleft and paediatric plastic surgeon
- Vacant post

Consultant Children's Dentist

- Nabina Bhujel

Consultant Restorative (Adult's) Dentist

- Satinder Chander
- Poonam Kalsi

Consultant orthodontists

- Alex Cash
- Sarah Good

Clinical Nurse Specialists

- Jenny Williams – Lead Clinical Nurse Specialist
- Sally Moran
- Natalie Morgan
- Jackie Matthews
- Lisa Turnbull
- Giselle Murphy
- Wendy Tuohy

Speech and Language Therapists

- Zoe Jordan – Lead Speech and Language Therapist
- Leda Koutsoulieri – Deputy Lead Speech and Language Therapist
- Carole Evans, Hannah Cook, Ali Birch, Hannah Endersby – Specialist Speech and Language Therapists

Clinical psychologists

- Dr Kate Le Marechal – Lead clinical psychologist
- Dr Jennifer Rundle – Clinical Psychologist

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 – Cleft please complete the application form at www.guysandstthomasevents.co.uk and return to:

Education and Events

Guy's and St Thomas' NHS Foundation Trust
vpp@gstt.nhs.uk

Telephone: + 44 (0)20 7188 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.

Care Quality Commission (CQC) rating

Guy's and St Thomas' achieved a 'Good' overall rating by the Care Quality Commission (CQC) with several services rated 'Outstanding'.

CQC inspectors visited the Trust's hospital and community services from 7-10 September 2015 with further unannounced visits taking place later the same month.

In its report, the CQC praises staff who its inspectors found to be 'highly committed to the Trust and delivering high quality patient care'.

Guy's and St Thomas' NHS Foundation Trust values

Our values help us to define and develop our culture – what we do and how we do it.

Making people aware of the Trust values, making them part of our culture and



demonstrating them through the organisation helps us develop a shared way of acting.

Our values are a key part of everything that we do as an organisation, from being included in staff job descriptions and in our publications, through to our work on leadership development and performance management. Our five values are listed below:

1. Put patients first
2. Take pride in what we do
3. Respect others
4. Strive to be the best
5. Act with Integrity

Every day we aim to provide the most exceptional care to our patients from dedicated staff who follow our five values. Take a look at our video at <http://gti/services/organisational-devt/values-behaviours/our-values.aspx> to see what our values mean to them.

Evelina London



Evelina London provides comprehensive health services from before birth, throughout childhood and into adult life.

Our community services care for children and families in Lambeth and Southwark. Our children's hospital not only cares for local families but also provides an extensive range of specialist services for children with rare and complex conditions from across south London, Kent, Surrey and Sussex.

Located on the St Thomas' hospital site, our award winning children's hospital building opened in 2005 and brought together Guy's and St Thomas' children's services. We have a long heritage in children's healthcare, the original Evelina Hospital for Sick Children opened in 1869.

Our Mission is to improve the lives of children and young people by:

- Providing consistently outstanding, life-enhancing healthcare.
- Educating and training people to deliver effective child-centred care and treatment.
- Undertaking research that adds to knowledge about how to improve child health and changes practice.

Evelina London is the second largest provider of children's services in London. We have 167 inpatient beds, 20 paediatric intensive care beds, 52 neonatal cots, six operating theatres and a kidney dialysis unit. We also have both cardiac and labour wards alongside the ICU units, which is rare.

Evelina London Children's Hospital was the first children's hospital in England to be rated as 'Outstanding' by the CQC. Community services were rated 'Good' putting them in the top 33% of children's community services nationally.

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