



Guy's and St Thomas'
NHS Foundation Trust



Visiting Professional Programme: Gynaecology

Introduction

The Guy's and St Thomas' NHS Foundation Trust Gynaecology Visiting Professional Programme (VPP) is designed to provide international visiting professionals with the opportunity to experience firsthand our leading gynaecology service. 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 gynaecology 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. junior trainee gynaecologists and nurses.

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 and NMC 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). NMC registration can be applied for via www.nmc.org.uk.

Duration

It is recommended that in order to get the most out of the Gynaecology programme, that visiting professionals undertake observership of 4-12 weeks. However, the programme's duration can be tailored to the specific learning requirements of those visiting the Trust.

Format

The Gynaecology 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 gynaecology 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 gynaecology within Guy's and St Thomas' NHS Foundation Trust.

The aims of the programme include:

- The opportunity to have direct experience and exposure to clinics and ward rounds at a leading gynaecology department
- Participation in multidisciplinary team meetings
- Access to departmental and national seminars and teaching sessions
- 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.

Gynaecology service

The gynaecology service at Guy's and St Thomas' hospital provides comprehensive care for women with a wide range of gynaecology issues. The service provides inpatient, outpatient and emergency services.

Inpatient services

Our gynaecology ward at St Thomas' Hospital cares for women who need to stay in hospital after surgery and emergency admissions. The ward has been fully modernised and many of the rooms provide superb views over the river Thames.

Emergency services

The emergency gynaecology unit is based at St Thomas' and is open seven days a week.

Our clinics

Our clinics are multi-professional so doctors, nurses, clerical and secretarial staff work together to try and make sure that patients' journey through the outpatient department is a smooth one. We want patients to be able to make informed choices about their health, current illness or continuing condition. We aim to respect all cultural and religious beliefs and provide interpreters as needed.

Referrals to our clinics

All patients are referred to the department by a GP or other medical doctor (except for the emergency unit).

Urgent referrals

Patients with suspected gynaecological cancers are seen in our Rapid Access Clinics and can be referred under the two week wait pathway. Two week wait referrals are handled by a designated team.

We predominantly receive referrals from the London Cancer Alliance, which includes:

- Guy's and St Thomas'
- King's College Hospital, London
- Princess Royal University Hospital, Farnborough
- Queen Mary's Hospital, Sidcup
- Queen Elizabeth Hospital, Woolwich
- University Hospital, Lewisham

Outpatients clinics

We run a wide range of general and specialist clinics including:

- suspicion of cancer rapid access clinic (strict referral criteria)
- cancer follow-up clinic
- multi-disciplinary oncology clinic
- colposcopy clinics
- continence and urodynamic service
- reproductive medicine clinic
- recurrent miscarriage service
- outpatient procedure clinics
- menopause clinic for women experiencing a problematic menopause or those requiring HRT (hormone replacement therapy) advice
- laparoscopic sterilisation clinic offerings counselling to women requesting sterilisation as a contraception option
- hormone dysfunction clinic

- minimally invasive surgery
- endometriosis clinics

General outpatients clinic

This clinic provides consultation and management for women experiencing general gynaecological problems such as heavy or painful periods, fibroids and pelvic pain. We also have an advanced endometriosis clinic. Patients may need to have investigations such as blood tests or a pelvic scan before coming to this clinic.

Pre-assessment clinic

These clinics are nurse-led. They run alongside the general gynaecology clinic.

The clinic nurses assess women booked for surgery shortly before their surgery date. They check that there have not been any significant changes since patients' last appointment. They also make sure that patients are physically fit for surgery and understand what it involves.

Any investigations and blood tests needed before surgery will be done in this clinic. The clinic is also an opportunity to identify patients who are more likely to develop complications due to the anaesthetic. A specific plan is then drawn up to lower their complication risk.

Research shows that patients who are pre-assessed before being admitted for surgery are less anxious and have a better relationship with the medical staff. Because of this, they generally recover quicker.

We offer a 'one stop' pre-assessment clinic for the day surgery unit, so we can assess patients and perform any tests on the same day as patients' clinic visit.

Sterilisation clinic

This clinic is led by experienced nursing staff and offers counselling to women considering sterilisation as a contraception method. It aims to make sure that patients fully understand the advantages and disadvantages of the procedure. If patients decide against sterilisation, patients are given advice so patients can make an informed decision about the best long-term contraception method for patients.

Menopause and early menopause clinics

These clinics are run by a medical consultant and a nurse consultant. They see women who have a wide range of menopausal problems, such as severe symptoms, early menopause, problems finding the correct hormone replacement therapy (HRT), bleeding while taking HRT and women who need specialist care as they have other medical conditions. There are also facilities available to investigate abnormal bleeding within this clinic.

Minor procedures clinic

These are nurse-led one-stop clinics for consultation, diagnosis and treatment. Patients will see either a nurse or a doctor who will carry out any investigations needed to diagnose patients' problem, explain what could be wrong and offer advice and/or treatment. The clinics see women with:

- abnormal or heavy vaginal bleeding, such as bleeding in between periods
- cervical polyps (small growths of tissue on the neck of patients' womb)
- heavy or offensive (bad) smelling vaginal discharge
- problems with their vagina/vulva
- problems with coils (a method of contraception)

While patients are at this clinic and depending on patients' specific symptoms, patients may be offered:

- an ultrasound scan - this involves placing a small ultrasound probe into patients' vagina, so patients' doctor or nurse can see an ultrasound 'picture' of patients' ovaries and womb

- a physical examination, blood tests, swab tests and a cervical smear test
- a hysteroscopy – this is where a small instrument with a camera on the end is passed through patients' vagina and the neck of patients' womb (cervix) to look inside patients' womb
- a biopsy (tissue sample) of the lining of patients' womb and patients' cervix
- a biopsy and removal of any polyps/skin tags (small growths of skin) found on the vulva or cervix
- cauterisation of patients' cervix (removal of a layer of cells that bleed easily by heat).

Urogynaecology clinic

This multi professional clinic is specifically for women experiencing urinary and prolapse problems. It is headed by a consultant urogynaecologist. A continence clinic and a ring pessary clinic run alongside – the urogynaecology clinic.

Conservative continence clinic

A specialist nurse with an interest and experience in promoting healthy bladder and bowel function runs the conservative continence clinic. Advice is given for all types of urinary incontinence – most commonly stress urinary incontinence and over activity of the bladder. Stress incontinence is where patients accidentally leak urine, for example when patients sneeze, laugh or exercise. The following treatments and advice are given:

- pelvic floor exercises
- vaginal cones
- electrical stimulation and biofeedback
- bladder retraining
- advice on fluids
- bowels – advice on constipation and general bowel problems
- health promotion
- teaching women who have problems emptying their bladders how to catheterise themselves
- preoperative classes for those waiting for prolapse or incontinence surgery
- support for women after urogynaecological surgery.

Ring pessary clinic

The ring pessary clinic is run by a nurse and is for women who need a pessary inserted or changed. Pessaries are a treatment to manage prolapse (where an organ in patients' pelvis drops down from its normal position). This clinic offers the women attending – most of who are elderly – the benefit of seeing the same nurse at each visit, helping them to feel more relaxed and less anxious about their appointment.

Colposcopy

Colposcopy (surgical examination of the vagina and cervix), is a central part of the NHS Cervical Screening Programme. This programme aims to reduce the number of people who develop invasive cervical cancer by detecting and treating early abnormalities.

The unit at Guy's receives over 2,000 referrals every year, which is the highest number of referrals out of all the clinics in London. If patients have an abnormal smear (cervical cytology test) result, patients may be referred for a colposcopy examination so that the colposcopist can look at patients' cervix, identify any potential problem and treat it. About one in 12 smears come back as 'abnormal'. However, an abnormal or positive smear test very rarely means that patients have cancer.

There are 12 clinics during the day and two Tuesday evening clinics a month. Two nurse-led smear clinics also run each week. Nurses are always available to give advice or to discuss any concerns about patients' examination and/or treatment. We will offer patients treatment at patients' first visit, if appropriate.

Endometriosis clinic

This clinic is specifically devoted to endometriosis patients provided by a 'multidisciplinary' team of gynaecologists, two dedicated lead gynaecology consultants for endometriosis, Professor Janice Rymer and Mr Kumar Kunde, a nurse specialist, laparoscopic bowel surgeons and urologists. We also work closely with the pain management team.

Our consultants are expert in the management of all stages of endometriosis, including the most complex surgical techniques. Patients are involved in all decisions about their care, and their treatment plans will always be based on what is right for their needs.

Our nurse specialist runs a weekly clinic as well as telephone consultations, which provide patients with ongoing support as well as monitoring the impact of their symptoms on their quality of life for up to two years following surgery.

We also run a monthly support group run with volunteers from Endometriosis UK.

Reproductive medicine clinic

This clinic gives advice to women and their partners who are experiencing difficulties conceiving or who have repeatedly experienced problems in early pregnancy. It is linked with the assisted conception clinic on the 11th floor of Tower Wing at Guy's Hospital.

The clinic team consists of four consultant gynaecologists and other senior doctors who specialise in subfertility, a consultant andrologist (who specialises in male infertility).

Rapid access clinic

This clinic provides a one-stop assessment clinic for patients meeting the NICE (2004) referral criteria for urgent suspected cancer referrals.

This clinic also provides assessment service for suspected gynaecological malignancies from other sources of referral within Guy's and St Thomas' i.e. GUM clinic, A&E, other consultants within the Trust.

Bladder, bowel and pelvic floor muscle disorders

The women's and men's health physiotherapy service provides specialist physiotherapy care for men and women with bladder, bowel and pelvic floor muscle related disorders.

Treated conditions include incontinence, birth-related pelvic floor conditions, chronic pelvic pain and antenatal and postnatal lower back and pelvic pain.

Early Pregnancy and Gynaecology Unit

This is a nurse-led, specialist unit for women who need emergency care for GP referral of an acute gynaecological problem (problems related to the female reproductive system) or self referral of women having a problem in early pregnancy (up to 18 weeks into), such as pain, bleeding or severe vomiting.

Gynaecological oncology

Our gynaecological oncology clinic offers:

- a one-stop diagnostic and assessment clinic, providing ultrasound, colposcopy, hysteroscopy and biopsies
- fertility preserving surgery for women of reproductive age with early cervical and ovarian cancers. Access to the assisted conception unit (ACU) for in vitro fertilisation (IVF), embryo freezing and advice on surrogacy
- advanced laparoscopic and robot assisted surgery (key hole surgery)
- complex radical surgery for recurrent gynaecological cancers, with reconstructive surgery, provided by a specialist team of pelvic surgeons.

If the patient's GP suspects that the patient's symptoms may be due to cancer the patient will be given an appointment to see one of our specialists within two weeks.

Faculty

Consultant gynaecologists, specialists and nursing staff

Professor Janice Rymer MD FRCOG FRANZCOG ILTM

General gynaecology, endometriosis, pelvic pain, fibroids, laparoscopic surgery and hysteroscopic surgery, ovarian failure and reversal of female genital mutilation.

Mr Con Kelleher MBBS BSc MD MRCOG

Obstetrics, gynaecology, pelvic floor injury and pelvic reconstruction.

Mr Azar Khunda

Obstetrics, gynaecology, pelvic floor injury and pelvic reconstruction.

Mr Kumar Kunde MD MRCOG DNB DGO

Obstetrics, gynaecology, endometriosis, pelvic pain, fibroids, laparoscopic and hysteroscopic surgery.

Mr Lawrence Mascarenhas MD (Fr) MRCOG MD Med

Obstetrics and gynaecology, laparoscopic and hysteroscopic surgery and fibroids. Lead clinician for gynaecology.

Miss Jude Hamilton MD MRCOG MRCPI

Emergency gynaecology, gynaecological ultrasound, subfertility, fibroids and laparoscopic and hysteroscopic surgery, recurrent miscarriage and general gynaecology.

Mr Yasser Diab

Emergency gynaecology, gynaecological ultrasound, subfertility, fibroids and laparoscopic and hysteroscopic surgery, recurrent miscarriage and general gynaecology.

Mr Tom Holland

Emergency gynaecology, gynaecological ultrasound, subfertility, fibroids and laparoscopic and hysteroscopic surgery, recurrent miscarriage and general gynaecology.

Miss Jilly Lloyd

General Gynaecology, hysteroscopy and ambulatory gynaecology

Mr Rahul Nath BScHons MD MRCOG

Gynaecological oncology

Mr Gautam Mehra

Gynaecological oncology

Mr Yacoub Khalaf

Assisted Conception Unit

Miss Jan Grace

Assisted Conception Unit

Mr Tarek El-Toukhy

Assisted Conception Unit

Mr Ali Kubba MB ChB FRCOG FFFP

Colposcopy, medical gynaecology, menopause, PMS, contraceptive problems, sexual health

Gulanz Majeed

Consultant and Gynaecologist, Coloscopy

Rose Haldane

Matron for gynaecology

Hannah Gamlen RN

Sister

Debra Holloway RGN, BA Hons, MSc, nurse hysteroscopist

Gynaecological outpatient hysteroscopy, menopause, one stop clinics, menstrual dysfunction, telephone advice clinics for patients within gynaecological service

Anne Teasdale RGN, MSc, nurse hysteroscopist

Gynaecological outpatient hysteroscopy, one stop clinics, menstrual dysfunction, telephone advice clinics for patients within gynaecological service

Ellie Stewart RGN

Incontinence and pelvic floor problems

Marie Shannon RGN BSc clinical nurse specialist gynaecological oncology

Gynaecological cancers, high risk of ovarian malignancy, cancer symptom management, oncology treatment education, psychosexual / psychosocial support and onward referral, inpatient and outpatient services.

Ali Genge RGN, clinical nurse specialist gynaecological oncology

Gynaecological cancers, high risk of ovarian malignancy, cancer symptom management, oncology treatment education, psychosexual / psychosocial support and onward referral, inpatient and outpatient services.

Lorna Lightwood RN, clinical nurse specialist gynaecological oncology

Gynaecological cancers, high risk of ovarian malignancy, cancer symptom management, oncology treatment education, psychosexual / psychosocial support and onward referral, inpatient and outpatient services.

Claudia Tye RGN, clinical nurse specialist

Endometrisois and trainee nurse Hysteroscopist

Aggie Jokhan RGN, nurse colposcopist

Colposcopy

Giuseppe Culora, consultant histopathologist

Gynaecological pathology, gynaecological oncology and lead gynaecological histopathologist for the South East London Gynaecological Cancer Centre.

Padma Menon, consultant pathologist

Pathologist with specialist interest in breast, gynaecological pathology and cytopathology, regularly involved with reporting of in-house and referral cases from wider SELCN, to facilitate patient flows in gynaecological and breast cancer pathways, facilitates fine needle aspiration biopsies (FNAs) of palpable lumps, clinical lead for cervical cytology services.

Alex Polsen, consultant pathologist

Pathologist, member of the British Association of Urological Pathologists and sits on the council of the British Association of Gynaecological Pathologists.

Audrey Jacques, consultant radiologist**Ana Montes, consultant for lung and gynaecology**

Consultant for lung and gynaecology with special interest in ovarian cancer and investigating cancers with BRCA defective tumours.

Sara Natas, consultant radiologist

Clinical lead for ultrasound, with special interest in oncology imaging and gynaecological imaging.

Geoff Lane, consultant lead gynaecology oncology

Ahmad Saysaneh, consultant gynaecology oncologist

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 – Gynaecology 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

www.guysandstthomasevents.co.uk



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.

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