



# Visiting Professional Programme: Paediatric Rheumatology

## Introduction

The Guy's and St Thomas' NHS Foundation Trust Paediatric Rheumatology Visiting Professional Programme (VPP) is designed to provide international visiting professionals with the opportunity to experience first-hand our unique paediatric rheumatology service, which specialises in treating juvenile idiopathic arthritis, dermatomyositis, systemic lupus erythematosus, scleroderma and vasculitis conditions, as well as chronic pain, musculoskeletal imbalances and sports injuries. The programme offers a unique chance to be fully integrated within a service which is at the forefront of clinical activity and training.

The programme has been designed by our clinical leads to provide a unique development experience which enables 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 paediatric rheumatology 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. qualified registrars and consultants with an interest in paediatric rheumatology.

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](http://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](http://www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative)). NMC registration can be applied for via [www.nmc.org.uk](http://www.nmc.org.uk).

## Duration

It is recommended that in order to get the most out of the Paediatric Rheumatology programme, that visiting professionals undertake a placement of at least 6 weeks. However, the programme's duration can be tailored to the specific learning requirements of those visiting the Trust.

## Format

The Paediatric Rheumatology 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 paediatric rheumatology team.

## Overall aims

The programme is aimed at those who wish to extend their clinical expertise in paediatric rheumatology medicine within Evelina London Children's Hospital.

### The aims of the programme include:

- Experience of the NHS and working in one of the largest teaching hospitals and provider of children's services in London
- Exposure of a diverse range of rheumatology conditions, including juvenile idiopathic arthritis (JIA), juvenile systemic lupus erythematosus (lupus), juvenile dermatomyositis, scleroderma, vasculitis, chronic pain, and musculoskeletal imbalances and sports injuries
- Direct experience and exposure of clinics and ward rounds
- Interaction with multidisciplinary team members within the rheumatology service, including specialist physiotherapists, psychologists and nurses
- Opportunities to participate in internal clinical academic meetings and educational activities
- The opportunity to create networks and links for future learning and development.

Individual weekly timetables will be created depending on each visiting professional's requirements.

## Sample timetable

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM</b>	<b>12pm – 1pm</b> Pain MDT	Rapid access clinic  Bio-mechanical clinic	<b>9am – 1pm</b> 'One-stop shop' rheumatology clinic		Joint injection clinic (every fourth and fifth Friday of every month)
<b>PM</b>	Chronic pain clinic (first, third and fifth Mondays of every month)  Joint rheumatology and infectious diseases clinic (fourth Monday of every month)	<b>2.30pm – 4pm</b> Full MDT meeting  Academic teaching	<b>1pm – 5pm</b> Joint injection clinic (second Wednesday of every month)  <b>4pm – 8pm</b> Joint rheumatology and renal clinic (four times a year)  <b>5pm – 8pm</b> Complex inflammatory conditions clinic (third Wednesday of every month)  Joint rheumatology and dermatology clinic (once every two months)	<b>1pm – 2pm</b> Radiology meeting (alternate weeks)  <b>2.30pm – 4pm</b> Ward round and clinical teaching  <b>4pm – 8pm</b> Adolescent twilight rheumatology clinic (second and fourth Thursday of every month)  Young adult rheumatology clinic (first Thursday of every month)	<b>4pm – 5pm</b> Dermatology MDM (once a month)

## Paediatric Rheumatology service

The award-winning rheumatology service at Evelina London diagnoses and treats rheumatological inflammatory conditions and provides rehabilitation services for those with musculoskeletal pain. We are a specialist unit, covering south London, Kent, Surrey and Sussex.

### Conditions we treat include:

- Juvenile idiopathic arthritis (JIA)
- Juvenile systemic lupus erythematosus (lupus)
- Juvenile dermatomyositis
- Scleroderma
- Vasculitis
- Chronic pain
- Musculoskeletal imbalances and sports injuries
- Auto inflammatory conditions.

### Supporting transition

We also provide specialist clinics for older children to make sure they get the advice and support they need when moving to adult services (transition).

### Clinics

- 'One-stop shop' rheumatology clinic
- Adolescent twilight rheumatology clinic
- Young adult rheumatology clinic
- Complex inflammatory conditions
- Collaborative clinics with renal, infectious diseases and dermatology services
- Rapid access rheumatology clinic
- Outreach rheumatology clinics
- Chronic pain clinic

### Network clinics

We also provide outreach network clinics to the following hospitals in south London:

- East Surrey
- Lewisham
- Dartford
- St Georges
- Frimley Park

## Faculty

Our team is made up of a group of experts called a multidisciplinary team (MDT), which includes doctors, nurses, physiotherapists, occupational therapists and psychologists.

We also work closely with the kidney team, infectious diseases service and adult rheumatology service to provide the best care possible for our patients with complex needs.

### Team

**Nick Wilkinson** – consultant rheumatologist

Nick Wilkinson joined the Evelina London Children's Hospital to set up the paediatric rheumatology service for south London and the south east coastal region.

Nick specialises not just in children's rheumatology, but adolescent rheumatology, chronic pain, sports and exercise medicine, and is involved in research in a number of these areas.

He is an executive member of British Society for Paediatric and Adolescent Rheumatology, where he recently set up the national parents' group.

Nick previously worked in Vancouver, Great Ormond Street Hospital and Nuffield Orthopaedic Hospital, Oxford, where he established the paediatric and adolescent service covering the south Thames region.

**Vinay Shivamurthy** – consultant rheumatologist

Vinay Shivamurthy completed paediatric training in the East Midlands and went to Canada for a two year Fellowship in Paediatric Rheumatology. He worked as a consultant in Alder Hey Children's Hospital before taking up the substantive post as a consultant in Paediatric Rheumatology at Evelina London Children's Hospital in September 2016.

His specialist interests include Juvenile Idiopathic arthritis, Juvenile SLE, Juvenile Dermatomyositis, Vasculitis, Kawasaki's disease, Periodic fever syndromes and other auto inflammatory conditions, chronic pain and rehabilitation in children, and Biomechanical pain including hypermobility.

**Nicole Boga** – rheumatology secretary

**Eunice Godbold** – rheumatology clinic nurse specialist (CNS)

**Dani Adams** – rheumatology clinic nurse specialist (CNS)

**Aditi Surelia-Chauhan** – senior specialist physiotherapist

**Ellie Potts** – senior specialist physiotherapist

**Suzy Gray** – clinical psychologist

**Rob Schneider** – occupational therapist

---

## 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 – Paediatric Rheumatology please complete the application form at [www.guysandstthomasevents.co.uk](http://www.guysandstthomasevents.co.uk) and return to:

### Education and Events

Guy's and St Thomas' NHS Foundation Trust  
[vpp@gstt.nhs.uk](mailto: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.

Copyright © Guy's and St Thomas' NHS Foundation Trust 2018. All rights reserved.

No part of this document may be reproduced without written consent from the author.