



# Visiting Professional Programme: Paediatric Metabolic Medicine

## Introduction

The Guy's and St Thomas' NHS Foundation Trust Paediatric Metabolic Medicine Visiting Professional Programme (VPP) is designed to provide international visiting professionals with the opportunity to experience firsthand our unique paediatric metabolic service, which is one of only six tertiary centres in the UK. 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 paediatric metabolic 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. paediatricians, trainee paediatricians, dietitians and nurses with an interest in metabolic medicine.

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 Metabolic programme, that visiting professionals undertake a hands-on attachment placement between 6 weeks – 6 months. However, the programme's duration can be tailored to the specific learning requirements of those visiting the Trust.

## Format

The Paediatric Metabolic Medicine 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 metabolic 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 paediatric metabolic medicine within Evelina London Children's Hospital.

### The aims of the programme include:

- The opportunity to have direct experience and exposure to board rounds, clinics and ward rounds at a unique paediatric metabolic centre
- 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 speciality projects and research with a view to submission for peer review.

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

## Sample timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p><b>9am</b> Board round with Consultant / Reg / SHO / CNS / Dietitian</p> <p>Reg led WR with SHO</p> <p><b>10am</b> Lipid clinic</p>	<p><b>9am</b> Board round Reg / SHO / CNS / Dietitian</p> <p><b>10.30am</b> Consultant WR</p>	<p><b>9am</b> Board round SHO / CNS / Dietitian</p> <p><b>9am</b> MDT lab meeting to discuss cases</p> <p><b>10am</b> Journal club</p>	<p><b>8.30am</b> Palliative care meeting</p> <p><b>9am</b> Board round SHO / CNS / Dietitian</p> <p><b>10am</b> Grand round SHO case presentation</p>	<p><b>9am</b> Board round SHO / CNS / Dietitian</p> <p><b>10am</b> General Metabolic clinic</p>
PM	<p><b>1pm</b> ECH Grand Round</p> <p><b>2pm</b> PKU / GSD clinic (1<sup>st</sup> month)</p>	<p><b>2pm</b> Neuroradiology meeting</p> <p><b>2pm</b> Consultant teaching</p>	<p><b>12pm</b> Clinic planning meeting</p>	<p><b>2pm</b> General Metabolic clinic</p> <p><b>2pm</b> Metabolic Liver clinic (monthly at KCH)</p>	<p><b>2pm</b> Neurometabolic clinic (bimonthly)</p>

## Paediatric Metabolic service



Inherited metabolic diseases (IMD) are a group of genetic, inherited disorders of the metabolism. They can lead to a dangerous imbalance of chemicals in the body, ultimately resulting in organ damage and disabilities.

In the UK, at least 600 babies are born with IMD every year. There are currently around 20,000 children and adults living with IMD in the UK, and half of those affected do not attend a specialist service to treat their condition. Our adult services (for over 16s) are based at St Thomas' Hospital.

### Our service

We are the regional IMD service for south Thames covering south London, Kent, Sussex, Surrey and beyond with outreach clinics as far as Portsmouth, Cambridge and Norwich. Here, we see more than 300 new patients each year with over 200 admissions to the ward.

We have close links with all of the clinical services at Guy's and St Thomas', in particular the genetics department. We are one of the main IMD centres in the UK offering treatment to patients with all types of IMD. This includes procedures for diagnosis and acute and long-term management.

We work closely with the children's liver service and the adult neurology service at King's College Hospital.

### Conditions

Our service includes procedures to diagnose patients and acute and long-term management of metabolic disorders. The most common conditions include:

- amino acid disorders, e.g. phenylketonuria (PKU), tyrosinaemia
- carbohydrate disorders, e.g. galactosaemia
- fatty acid oxidation defects, e.g. medium chain acyl CoA enzyme dehydrogenase deficiency (MCADD)
- glycogen storage disorders
- hypoglycaemia
- lipid disorders including familial hypercholesterolaemia
- lysosomal storage disorders (LSDs)
- mitochondrial disorders
- organic acid disorders
- purine/pyrimidine disorders
- urea cycle disorders.

### Laboratories

Our centre is supported by four metabolic laboratories with national and international reputations for research and innovation:

- General metaboli
- Regional Newborn screening
- Enzymology and Biochemical Genetics
- Purine research laboratory
- WellChild research laboratory.



## Inherited metabolic diseases clinics

- Metabolic clinic
- Phenylketonuria (PKU) clinic
- Lipid clinic
- Glycogen storage disease (GSD) clinic
- Metabolic liver clinic
- Neurometabolic clinic
- Adult metabolic clinics

## Transition to adult inherited metabolic diseases service

The move from the children's to the adult inherited metabolic diseases IMD service is a gradual process. From the age of 14 years a patient is slowly introduced to the adult inherited metabolic disease service and attends transition at Evelina London. Patients will have four appointments over the two-year period between 14-16 years old. At the last appointment patients will be shown where the adult IMD clinic is, at Gassiot House, St Thomas' Hospital. At the first two clinic appointments patients see staff from the children's IMD team while at the last two appointments; they see both the children's and adult teams.

When the transition process begins, we work with the patient to set some goals that they want to achieve. At each appointment we will talk through these goals with the patient and how they think they're doing.

During the first two clinic visits, parents/guardians will be invited to come along to the appointments, but patients will also be given the opportunity to see us on their own. During the last two visits, we ask patients to see us without their parent/guardian to help them become more independent.

This position would provide the opportunity to spend time with the adult metabolic team.

# Faculty

## Consultants

- Dr Mike Champion – clinical lead and paediatric IMD consultant
- Dr Helen Mundy – paediatric IMD consultant
- Dr Roshni Vara – paediatric IMD consultant
- Dr Hugh Lemonde – paediatric IMD consultant
- Dr Yusof Rahman – adult IMD consultant
- Dr Radha Ramachandran – adult IMD consultant

## Clinical nurse specialists

- Tanya Gill – paediatric CNS
- Emma Hassan – paediatric CNS
- Gemma Hack – paediatric CNS
- Abie Lateef – adult CNS

## Metabolic dieticians

- Joanna Gribben – paediatric IMD dietitian
- Arlene Slabbert – paediatric MD dietitian
- Carla Fitzachary – paediatric IMD dietitian
- Sarah Firman – adult dietitian

## Other

- George Lenon – service manager
- Clare Warnes – paediatric IMD secretary
- Marian Hatton – adult IMD secretary

## 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 Metabolic Medicine 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

[www.guysandstthomasevents.co.uk](http://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.

## 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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