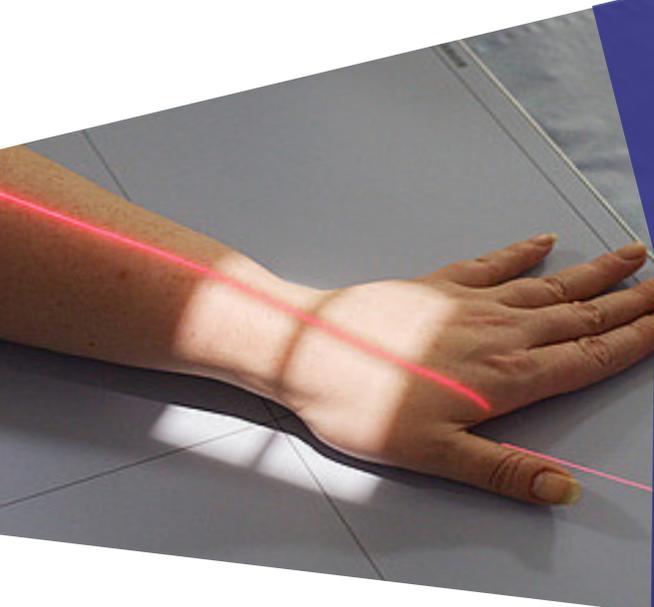




Guy's and St Thomas'
NHS Foundation Trust



Visiting Professional Programme: Rheumatology

Introduction

The Guy's and St Thomas' NHS Foundation Trust Rheumatology Programme is designed to provide international visiting professionals with the opportunity to experience our highly acclaimed rheumatology service and its specialist clinics, including our award winning fibromyalgia clinic and our Lupus Unit, which is the largest in Europe. The aim 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 rheumatology knowledge in the heart of London.

Who should attend?

This programme is intended for non U.K. qualified registrars and consultants. 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

We are able to offer visiting professional programmes for periods of up to 3 months. The programme's duration can be tailored to the specific learning requirements of those visiting the Trust.

Format

The rheumatology programme is delivered within the hospital work place and it includes exposure to clinics, ward rounds, internal teaching meetings, and tertiary care referrals.

If a visiting professional chooses to apply for an observational programme they will be aligned with a supervisor from within the clinical team. The supervisor will ensure that all of the learning and development needs and expectations are met.

The programme gives the opportunity for participants to be totally integrated with the day to day service within our rheumatology team.

Overall aims

The programme is aimed at registrars and consultants who wish to extend their expertise in rheumatology, and who wish to learn more about Guy' and St Thomas'.

Exposure of a diverse range of specialist rheumatology conditions, including antiphospholipid syndrome, rheumatoid inflammatory arthritis, vasculitis and lupus

The opportunity to create networks and links for future learning and development

The programme aims to include:

Direct experience and exposure of clinics and ward rounds

Opportunities to participate in internal clinical meetings, such as clinical research meetings

Interaction with multidisciplinary team members within the rheumatology service, including specialist psychologists

Insight into the academic departments and laboratory to learn more about the research that is currently being undertaken within rheumatology

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



Rheumatology Service

The Guy's and St Thomas' NHS Foundation Trust Rheumatology Department is one of the largest in the whole of the UK, offering a wide range of standard and specialised services that are designed to diagnose and treat joint, bone and connective tissue diseases.

Our rheumatology service has won several national awards, including an award for continuous quality improvement in 2013 and the British Society of Rheumatology's Emerging Best Practice award in 2016 for our fibromyalgia clinic. We are also at the forefront of rheumatology care and treatment as we have linked with academics at King's College Hospital NHS Foundation Trust and Lewisham Hospital to create one of the most active research programmes in the UK. Key areas of research include metabolic bone diseases, inflammatory arthritis, ankylosing spondylitis, osteoarthritis, lupus and back pain.

The department works closely with other services across the Trust, such as pain clinics, in order to develop long term pain management programmes for patients. We also provide standard services and clinics in the following areas:

- metabolic bone diseases and osteoporosis screening
- fibromyalgia
- musicians and performing artists
- rheumatoid arthritis
- early arthritis
- ankylosing spondylitis
- systemic lupus erythematosus and connective tissue diseases

Rheumatology Clinics

Early Arthritis Clinic

The early arthritis clinic aims to rapidly assess and, if appropriate, start treatment for patients with suspected inflammatory arthritis. The clinic performs clinical assessments, laboratory investigations and imaging, including ultrasound examinations.

The information from these investigations is used to optimise treatment and identify patients who are at high risk of developing erosive disease with the aim of providing treatment within four months of symptoms presenting.

Rheumatoid Arthritis Service

This clinic consists of consultants, nurses, occupational therapists and psychologists to treat rheumatoid arthritis. This combined approach has proved to provide a higher success outcome for patients in comparison to standard rheumatology treatment clinics.

The clinic is situated within Guy's Hospital and it also runs a nurse helpline for patients who require further assistance post-appointment.

Musicians and Performing Arts Clinic

This clinic takes place on a monthly basis at St Thomas' Hospital and it specialises in treating musicians and performers with musculoskeletal problems. The team takes in to consideration that many of the patients are professional musicians and performing artists that may need to continue working during rehabilitation and so they try to provide treatment plans that are sensitive to this wherever possible.

Metabolic bone clinic

The metabolic bone clinic accepts both GP and tertiary referrals and provides specialist services for osteoporosis and other metabolic bone diseases. The clinic team diagnose, scan and provide appropriate treatment to patients where needed.

Fibromyalgia Clinic

Our award winning fibromyalgia clinic was set up in 2011 to provide a multidisciplinary approach to improving symptom management, function and patient quality of life, and it is the only clinic of its kind in the UK. The clinic currently runs twice a week and treats around 400 patients a year.

The clinic team consists of a consultant rheumatologists, specialist physiotherapists and clinical psychologists from our INPUT pain unit.

Louise Coote Lupus Unit

The Louise Coote Lupus Unit is the largest lupus unit in Europe and is a Lupus UK centre of excellence. The unit provides a range of distinct and specialist services for patients with lupus, anti-phospholipid (Hughes) syndrome and other autoimmune connective tissue disorders.

Our unit currently has around 3,000 patients under its care for a variety of connective tissue disorders including systemic lupus erythematosus, antiphospholipid syndrome, Raynaud's syndrome, Sjögren's syndrome, vasculitis, inflammatory myositis and discoid and cutaneous lupus.

There are two dedicated inpatient beds within the unit that are used for planned admissions, with usually 8-12 inpatients in Guy's Hospital at any one time. The majority of these patients have complex multi-system auto-immune connective tissue diseases.

The unit also consists of an outpatient service and our team run a range of specialist clinics.

- Lupus pregnancy clinic
- Renal care
- Anti-phospholipid screening
- Vasculitis
- Pulmonary hypertension
- Lupus dermatology Clinic
- Skin camouflage clinic



Faculty



Dr Toby Garrood | Consultant Rheumatologist

Dr Garrood qualified from Guy's and St Thomas' Medical School in 1995 and completed his specialist training in rheumatology in 2009. During this time he gained an MSc in rheumatology from King's College London and completed his PhD in the study of inflammatory arthritis. He has been a full-time consultant rheumatologist at Guy's and St Thomas' Hospitals since 2009.

His research interests include ultrasound and novel imaging techniques in inflammatory arthritis, and the management of chronic widespread pain.



Dr Bruce Kirkham | Consultant Rheumatologist

Dr. Bruce Kirkham qualified as a doctor in New Zealand before travelling to the United Kingdom to complete his postgraduate rheumatology training at Guy's Hospital. He became a Consultant Rheumatologist in 1991 in Adelaide and subsequently in Sydney in 1995 where continued his work in clinical trials of new treatments and investigation of immune mechanisms, in particular IL-17 pathways, in inflammatory arthritis.

He has been a Consultant Rheumatologist at Guy's and St Thomas' NHS Foundation Trust since 2000 and in 2001 he was co-Cl of the first study of infliximab in psoriatic arthritis.



Professor David D'Cruz | Consultant Rheumatologist

Professor D'Cruz trained at St Mary's Hospital Medical School in London and qualified in 1983. His clinical and research interests are systemic lupus erythematosus, the antiphospholipid syndrome and systemic vasculitis. He is actively involved in clinical research projects including clinical trials of new therapies for systemic lupus erythematosus (SLE) and vasculitis.

He has published numerous scientific articles and book chapters and is one of the managing editors of the journal *Lupus*.



Professor Andrew Cope | Consultant Rheumatologist

Professor Cope graduated from the University of London and trained in general internal medicine at Northwick Park Hospital, The National Hospital for Nervous Diseases, and at the Royal Brompton Hospital where he trained in rheumatology with Prof Sir Ravinder Maini and Dr Barbara Ansell CBE.

In 1990, he was awarded a Wellcome Trust Clinical Training Fellowship, studying for a PhD in Cytokine Biology at the Kennedy Institute of Rheumatology. Following a postdoctoral fellowship with Prof Hugh McDevitt at Stanford University, California, studying transgenic models of autoimmunity, he returned to the Kennedy Institute to set up his own laboratory.



Dr Maria Cuadrado | Consultant Rheumatologist

Dr Maria Cuadrado graduated from Malaga University in Spain in 1979 and she was awarded a PhD from Cordoba University in 1990. She was appointed a consultant rheumatologist at Guy's and St Thomas' in 2003. Her specialist clinical interests are in antiphospholipid syndrome and especially the role of tissue factor in this disease and she has published widely on her research in this area.



Dr Giovanni Sanna | Consultant Rheumatologist

Dr Giovanni Sanna graduated from Rome University in 1991 and was awarded his PhD for studies in neuropsychiatric manifestations of lupus. He was appointed consultant rheumatologist at Guy's and St Thomas' in 2009, having previously worked as a consultant rheumatologist at Homerton University Hospital since 2003. He formerly trained in the Lupus Unit at St Thomas' under Professor Graham Hughes, and has a special interest in connective tissue diseases and myositis. His research and publications relate to clinical manifestations and management of neurologic disease in lupus and antiphospholipid syndrome

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 Rheumatology Visiting Professional Programme 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) 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.

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.