

Contents

Introduction by Lindsey Barker.....	1
GP Education Events.....	2
New Balance & Tinnitus Clinic at Bracknell.....	2
Private Patients and Overseas Visitors.....	3
Multidisciplinary Movement Disorders Clinic for Older people.....	3
Young people with complex health needs.....	5
GP pages on Trust website.....	6
How to Raise a Query or Concern.....	6

Introduction by Lindsey Barker Medical Director



Welcome to the April edition of GP Round Up.

This month I would like to invite you to join our Consultants at a urology and ophthalmology education afternoon at the Royal Berkshire Bracknell Healthspace on 15th May and also to our annual GP Consultant Workshop which takes place at the University of Reading on 1st July. Please also try to come along to our Annual Members Meeting on 2nd July.

I would like to apologise for any inconvenience you may be experiencing as we send out a backlog of clinical letters following problems we experienced earlier in the year with sending out electronic letters for gastroenterology.

This edition also includes information about a new Balance & Tinnitus service at Bracknell, the Multidisciplinary Movement Disorders Clinic for Older people and how to get in touch with our Private Patients & Overseas Visitors Team.

This GP Round Up email newsletter is sent out to Practice Managers in the local area - please can you forward it on to the GPs in your surgery.

GP Education Events

Our consultants are pleased to invite GPs to a range of education events again this year. These presentations and seminars allow our clinicians to present their work to you and also hear your feedback about our services. For the following events, [certificates of attendance](#) will be issued and [refreshments provided](#). Please try to come along!

Date	Time	Venue	Topics	Host Consultants
15 May	2 – 4 p.m.	Bracknell Healthspace	The Prostate - Friend or Foe Red Eye, Cataracts and Retinal Problem	Philip Charlesworth Vaughan Tanner
1 July	Afternoon	University of Reading	GP Consultant Workshop (multiple clinical topics to be confirmed soon)	Lindsey Barker

Please contact caroline.hillman@royalberkshire.nhs.uk if you would like to book a place at one of our events. Alternatively you can telephone Caroline on 0118 322 5313 if you require more information.

New Balance & Tinnitus Clinic at Bracknell

We are pleased to offer a new service at the Royal Berkshire Bracknell Healthspace for patients with balance/dizziness or tinnitus problems. This is in addition to clinics for hearing assessment and rehabilitation which are already established here. GP referrals may be made via C&B or referral letter for patients of all ages.

Evidence has shown that the quicker patients with balance disorders are referred to audiology and rehabilitated, the more effective the rehabilitation. For example, working age patients are able to return to work more quickly and the psychological consequences of chronic dizziness are avoided.

Vestibular suppressants should only be used in the short term, and vestibular rehabilitation exercises are the best way of promoting central compensation and relief from symptoms of movement-evoked dizziness from uncompensated peripheral vestibular insults. Benign Paroxysmal Positional Vertigo (BPPV) can be treated at the patient's initial appointment by appropriate particle repositioning manoeuvres.

If you have any questions about our Audiology Service please contact Catriona.Wildgoose@royalberkshire.nhs.uk Acting Head of Audiology

Private Patients and Overseas Visitors

This month we are pleased to introduce our Private Patient and Overseas Visitors Team to you. Following the publication of *Equality analysis, The National Health Service (Charges to Overseas Visitors) Regulations 2015* (please see separate attachment), you may have some unanswered questions about the process. If you wish to contact the team, they will be happy to help with referrals. Please email to paying.patients@royalberkshire.nhs.uk or overseas.visitors@royalberkshire.nhs.uk. Alternatively you can telephone a member of the team:

Terri Holloway	Private Patients and Overseas Visitors Manager	0118 322 6833
Vanda Marshall	Assistant Private Patient Manager	0118 322 8654
Hayley Preston	Private Patient Liaison Officer	0118 322 6568
Carl Hartley	Overseas Visitors	0118 322 7820

Multidisciplinary Movement Disorders Clinic for Older people

The Multidisciplinary Movement Disorders Clinic for Older people is a “one stop shop” for assessment and review by the multi disciplinary team. It is proactive and aims to address problems before or as they occur. This approach assists with admission avoidance and the management and well being of these specialist conditions. The clinic sees patients with a variety of conditions including Idiopathic Parkinson’s Disease, Parkinson Plus Syndromes, Lewy Body Dementia, Vascular Parkinsonism and Drug induced Parkinson’s disease.

A specialist team consisting of a Consultant, Occupational therapists and a Physiotherapist sees patients in the In Patient Therapies at the Royal Berkshire Hospital. This is a service for older patients with Parkinson’s disease in West Berkshire part funded by PD UK (Reading Branch)

The vast majority of the patients attending the clinic have Idiopathic Parkinson’s disease, which is a chronic neurodegenerative condition leading to problems with mobility, functional tasks and also cognition. The prevalence of the disease is 100- 180 per 100, 000 population.

The mainstay for the treatment for this long term neurological condition is pharmacological. However, many symptoms do not respond to drugs, and may have difficulties with freezing and postural instability. Later stages may be dominated by such symptoms. There is increasing evidence that effective care of patients with Parkinson’s disease should involve a multidisciplinary health Professional team.

External cueing for improving freezing, gait and balance, cognitive movement strategies for improving transfers and strength and balance exercises to improve balance are provided by the Physiotherapist. Specific equipment such as laser canes and metronomes can be trialled during the clinic.

The interventions from the Occupational therapist are aimed towards maintenance of daily function with all activities, cognitive assessment, equipment provision, education about self management and strategies to maintain independence, anxiety and fatigue management along with signposting to external agencies and referring for carer support.

We work closely with colleagues in Speech and Language therapy, Old Age Psychiatry and Palliative care

The assessments are recorded in a specifically designed booklet, which is reviewed at each visit to monitor the progress of the condition. We are also conducting a patient survey before and after the interventions. We believe that our assessments, interventions and support lead to an improvement of the quality of life for patients with Parkinson's disease.

By Dr Apurba Chatterjee Consultant Physician and Clinical Lead Elderly Care Medicine

Royal Berkshire NHS Foundation Trust Annual Members' Meeting 2015

You are invited to our Annual Members' Meeting, which will be held in the Henley Business School on the University of Reading Whiteknights Campus at 6pm on Thursday 2nd July.



This year's keynote presentation will focus on the work of our award-winning Cardiology team. Our marketplace exhibition will feature information on our emergency department, audiology services, stroke support and much more.

We will shortly be sending out posters for you to display in your surgeries as the meeting is open to all members of the public and your surgery staff to attend. The event is a great opportunity to network with our staff and to find out more about what the Trust is doing and its plans for the future.

For further information and to reserve your place, please email foundation.trust@royalberkshire.nhs.uk or call 0118 322 8600.

Young people with complex health needs

The Thames Valley Strategic Clinical Network (TVSCN) is funding an 18 month project to improve transition services at the Royal Berkshire Hospital. The project will involve mapping clinical pathways for young people with complex health needs and implementing a transition programme ('Ready Steady Go') to support young people as they move into the adult service. *If you are interested in learning more about the project please contact [Polly Schofield](mailto:Polly.Schofield@royalberkshire.nhs.uk) (Lead Nurse for Transition) on 07825 521784 or email to polly.schofield@royalberkshire.nhs.uk*

In order to gain a better understanding of how young people with complex neurodisability transition across the breadth of healthcare settings, the TVSCN is keen to engage with interested GPs who would be willing to work with us to help us understand the transition process for young people from a primary care perspective. Our aim is to build on the knowledge and information that we have about disease management within the secondary care setting and help us better understand the end-to-end pathway of care for young people transitioning into adult care.

If you are interested in working with the Strategic Clinical Network and would like to be involved in our Task and Finish Group, please contact Minoo Irani (Clinical Director for the Thames Valley Strategic Clinical Network and Lead Clinical Director at BHFT) on 07920283919 / 07947582522 and/or Marion Foster (Quality Improvement Lead) on 07796 947076 / Marion.foster@nhs.net

GP pages on Trust website

The Trust website <http://www.royalberkshire.nhs.uk/> has a new layout and resources for GPs are all in one place under the blue “GP” tab <http://www.royalberkshire.nhs.uk/gps.htm> at the top of the main page. The following links may be found in the GP section:

- Directory of outpatient services <http://www.royalberkshire.nhs.uk/directory-of-services.htm>
- GP secure online resources <http://www.royalberkshire.nhs.uk/gp-secure-online-resources.htm>
- Clinical and referral guidelines <http://www.royalberkshire.nhs.uk/gp-referral-information.htm>
- Consultant directory <http://www.royalberkshire.nhs.uk/consultant-directory.htm>
- GP query form <http://www.royalberkshire.nhs.uk/gp-query-form.htm>
- GP Newsletter <http://www.royalberkshire.nhs.uk/gp-newsletter.htm>
- Choose & Book <http://www.royalberkshire.nhs.uk/choose-and-book.htm>
- Continuing professional development for GPs <http://www.royalberkshire.nhs.uk/continuing-professional-development.htm>
- Patient information leaflets <http://www.royalberkshire.nhs.uk/patient-information-leaflets/>
- Infection control information <http://www.royalberkshire.nhs.uk/infection-control-information.htm>

How to Raise a Query or Concern

We welcome feedback from GPs and Practice Managers, so please let us know if you experience any problems with our services. If you wish to send us patient identifiable information with your concern please email to: gpliaison.rbft@nhs.net. Alternatively you can email our GP Liaison Manager: caroline.hillman@royalberkshire.nhs.uk or telephone 0118 322 5313.

Our Patient Advice and Liaison Team (PALS) focus on providing support and on the spot help to patients, relatives and carers and can be contacted via talktous@royalberkshire.nhs.uk The PALS Team also investigate serious patient complaints.