



Spire

Gatwick Park Hospital

# Patient newsletter Autumn 2021



## Welcome to the Autumn edition

Welcome to the Autumn edition of our patient newsletter. With updates on new services available at the hospital, new Consultants joining us and investment in state-of-the-art equipment, we hope that you will find this edition helpful.

## Feel safe with Spire during Covid-19

We've implemented a series of safety measures to help protect our patients and colleagues from the potential risk of COVID-19. We are keeping these measures in place once legal restrictions are lifted across the UK.

To help minimise the potential risk in our hospital and help you feel safe, our safety measures include:

**Face masks** – It is a mandatory requirement for patients to wear a mask within our hospitals unless medically exempt.

**Staff COVID-19 vaccinations** – All our colleagues have been offered a COVID vaccine and nearly 11,500 of all our colleagues across Spire Healthcare have received both vaccines.

**Screening** – All patients and colleagues will self screen for any symptoms of COVID-19 on arrival. Only patients that are undergoing surgery will be provided with a COVID-19 test. Our colleagues are regularly tested for COVID-19 and wear appropriate PPE.

**No visitors policy** – To support social distancing and help protect our staff, patients and consultants, we are currently operating a no visitors policy. Therefore, please come alone to your outpatient appointment. We are currently restricting access in our hospital.

**Tests prior to surgery** – Prior to undergoing surgery you will undergo a COVID-19 swab test and may be instructed to self isolate from time of test. For more details on how you can best prepare for your operation please read the following information: isolation guide.

**COVID-19 tests** – We're only able to provide COVID-19 tests to patients undergoing surgery at our hospitals. COVID-19 testing or antibody tests are not available as a standalone service. You can visit the NHS website for more information on testing and tracing for coronavirus.

**COVID-19 vaccine** – Your surgery can still go ahead if you have been given the vaccine. We would advise that you wait 5-7 days after the vaccine before any surgery where possible, to allow plenty of time for any potential side effects from the vaccine to settle. Your surgery may be postponed if you have tested positive for COVID-19 in the last 7 weeks and a risk based assessment will be carried out by your consultant and clinical team.

### On arrival at our hospital

Please sanitise your hands



Apply a clean face mask

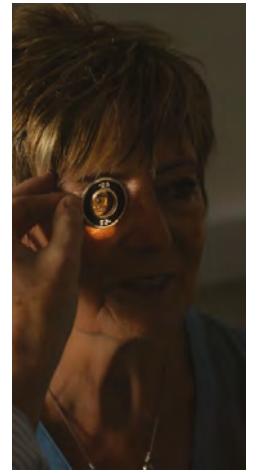


## Investment in new Ophthalmology equipment

Over the last nine months Spire Gatwick Park Hospital has invested significantly in a whole suite of Ophthalmology equipment to enable its ophthalmic surgeons to carry out more complex eye operations. The state-of-the-art vitrectomy machine gives consultants direct access to the inside and back of the eye and allows them to operate on the retina. It can be used to:

- Treat complex cataracts where the person has had previous injuries
- Carry out surgery on the back of the eye to repair macular holes
- Treat epiretinal membrane, a condition which can make the vision seem blurred

If you would like advice from our **Ophthalmology Team** or book a consultation, please call us on **01293 778 906**.



## Launching our new Rapid Access Heel Pain Clinic

Heel pain is a common complaint which can have many causes, including a sports injury. At Spire Gatwick Park Hospital we offer rapid access to our heel pain clinic providing quick assessment and diagnosis for any symptoms you are experiencing so you can get back to the things that matter.

Common conditions associated with heel pain:

- Achilles tendinopathy
- Bursitis
- Heel bump
- Heel stress fracture
- Plantar fasciitis

What is included in our package?

- A thorough assessment of your heel pain
- An ultrasound scan where indicated
- A physiotherapy appointment
- Orthotics advice
- Shockwave therapy, platelet-rich plasma (PRP) or a steroid injection. Your consultant will discuss with you which treatment is the most appropriate
- 3 follow up shockwave treatments (if shockwave treatment is the most appropriate for you)



Please note our package doesn't include the consultant fees.

A referral letter is not required for self-funding patients. If you have private medical insurance, please contact your insurance provider to check if a GP referral letter is required.

### Shockwave treatment

**Prashant Meshram** in our Physiotherapy team is now able to offer extracorporeal shockwave therapy treatment for patients.

For any additional information or for any questions you may have regarding this service, please contact our team on **01293 778 906**.

## Spire GP

Spire GP provide quick and easy access to private GP services - when you need it. There are a range of Spire GP appointment times available, including same day, for both adults and children at Spire Gatwick Park Hospital.

You'll have a 30 minute appointment giving you plenty of time to discuss your concerns and symptoms without feeling rushed.

Face to face or virtual appointments are available Monday to Saturday, daytime or evening.

Book online today <https://spiregp.spirehealthcare.com/> or call **01293 839 106**.

## Patient events

For the safety of our patients all our information events for the time being are virtual and take place via zoom. If you are interested in attending any of our free information events, register online now <https://www.spirehealthcare.com/spire-gatwick-park-hospital/events/> or call **01293 778 906**.

### Upcoming events

**Thursday 14th October at 6.30pm** – Back and Neck pain with **Mr Will Kieffer**, Consultant Orthopaedic Spine Surgeon

**Thursday 21st October at 6.30pm** – Shoulder, arm and hand pain with **Mr Murali Bhat** and **Mr Arvind Mohan**, Consultant Orthopaedic Surgeons

**Tuesday 9th November at 6.30pm** – Hip and knee pain with **Mr Majid Chowdhry**, Consultant Orthopaedic Surgeon

**Tuesday 23rd November at 7.30pm** – Foot and ankle conditions with **Mr Richard Freeman**, Consultant Orthopaedic and Trauma Surgeon

## inSpire private health insurance

The **inSpire** health plan gives you easy access to private medical care at Spire Healthcare hospitals. From diagnosis to treatment and aftercare, you can tailor your cover to focus on what matters to you and your family. Policy holders will benefit from:



- Fast access to award-winning Spire Healthcare hospitals
- Quality patient care
- Choice of specialists and consultants
- Tailored cover to suit you
- More affordable premiums

### Why choose the inSpire health plan?

The **inSpire** health plan is underwritten by AXA PPP healthcare and distributed by Clear Health. AXA PPP healthcare has been providing medical insurance products for more than 75 years, at the heart of which is a flexible, can-do culture.

**inSpire** private medical insurance offers a wide range of health benefits and cover. You'll be able to choose who you want to be seen by (upon GP referral), and which Spire Healthcare hospital you want to be treated at. So you'll have the flexibility to manage your health.

### How to apply

Online - To get a quote, please fill in our **quick quote form** and a member of the team will be in touch

By phone - Give the team a call on **0333 443 2202** to have a chat with one of our friendly UK support

## Medical loans with Omni Capital Retail Finance

If you're paying for your own treatment you may want to consider spreading the cost of your treatment through our range of finance options.

We offer a range of payment plans from 0% APR interest free credit over 10 months to higher interest bearing loans at 9.9% APR if you wish to spread your payments over 12 months or more (up to 60 months). The loan can be personalised based on how much you'd like to pay per month, how long you want the payments to be spread over and how much deposit you'd like to pay.



### Applying for a loan\*

If you're interested in finding out more and you know the cost of the treatment you need, contact our patient advisers on **01293 778 906** to learn more about available finance options. We can talk you through the different representative examples over a range of repayment terms and send you a link to apply online through Omni Capital Retail Finance.

You can apply for finance once you've received your treatment letter with appointment date and fixed price quote has been agreed but you'll need to have the loan approved before you come in for your treatment. Most applications are approved immediately so you can access your treatment without delay.

*\*Acceptance subject to credit status.*

## New Consultants

Welcome to our new private consultants:

**Mr Guy Negretti** - Consultant Ophthalmologist and Vitreoretinal Surgeon

**Mr Anand Singh** - Consultant Gynaecologist

**Dr Maciej Marciniak** - Consultant Cardiologist

To book an appointment with our new consultants, please contact **01293 778 906**.

## Follow us on social media

To keep up to date with our latest news, follow us on **Facebook**  and **Twitter** 