

Looking ahead to 2018

On behalf of the team at Circle Reading Hospital, I would like to thank you all for your support and feedback throughout 2017. We have really enjoyed hosting BLS training events and GP educational evenings throughout the year. Your feedback has been invaluable and has enabled us to maximise the value you get out of these events.

Looking ahead to 2018, we now have the first three confirmed dates for BLS training (details below). Our next GP educational evening will be held on Tuesday 27th February 2018, where we will line up speakers across various specialities to deliver short presentations on key topics. We will send out more details for this soon.

We are also able to offer free lunchtime talks at your practice next year, so please get in touch if this is of interest. Furthermore our new online GP centre will be available shortly too, offering you and your team a central place to find useful information and book places for upcoming events.

All that's left for me to say is to wish you all a very merry Christmas and a happy new year. We are very much looking forward to working with you in 2018.

Best wishes,



Abdul Aziz

Business Development and GP Liaison Lead

Join us on 27th February: to book your place at our next GP educational evening, please call **0118 922 6923** or email GPLiaison@circlereading.co.uk

Treating hand pain during pregnancy: is it carpal tunnel syndrome?

We asked consultant hand surgeon, Mr Zulfi Rahimtoola, about carpal tunnel syndrome and how to treat the symptoms during pregnancy.

An analogy for carpal tunnel syndrome

The analogy I always use for my patients suffering from carpal tunnel syndrome is to refer to a "wall plug". If you consider the back of the plug, there are several wires leading to different areas after they enter. There is also a rubber bridge which holds the wires securely in place. In this analogy, the bridge is the carpal tunnel ligament and the wires are the nerves leading to different parts of the hand and fingers. If the carpal tunnel ligament gets too thick, or the nerves are irritated, this compression causes a flickering (paresthesia) sensation which patients describe as pins and needles in their thumb, index finger and middle finger. They may also have difficulty sleeping at night. More severe cases usually relate to pain or persistent numbness and muscle wastage.

Treatment during pregnancy

Approximately 15-20% of women may develop carpal like symptoms during their pregnancy. Unfortunately most go undiagnosed and many suffer throughout pregnancy and many months thereafter. It can often occur at an early stage, caused by hormonal changes and the redistribution of fluid in tight areas of the body, usually around the ankles and wrists. This can lead to compression of the nerve inside the canal which causes the symptoms.



Wearing a splint at night is often a good start for treatment, alongside postural advice and physiotherapy. There is also the option for targeted injections to relieve symptoms if the above treatments do not resolve it. The steroid injections administered are of extremely low dosage and injected subdermal. As a consequence they pose no danger or threat to the pregnancy although some people suffer from depigmentation of the skin and occasional local flare up self-limiting type symptoms.

Referring patients with carpal tunnel syndrome to Circle

Circle Reading has an expert team of hand specialists and physiotherapists who can help. Call us on **0118 922 0026** or email enquiries@circlereading.co.uk for more information.

Book your BLS training for 2018

Please see below the first three confirmed training dates for 2018. This is completely free to local GPs and practice nurses, so you simply need to get in touch to book your place in advance.



Our upcoming training dates are:

- **Tuesday 30th January 2018, 6.30pm - 9pm**
- **Tuesday 6th February 2018, 6.30pm - 9pm**
- **Tuesday 13th March 2018, 6.30pm - 9pm**

Refreshments will be provided.

Please note: Limited places are available for each event, with a maximum of 12 attendees permitted. Certificates will be provided after training is complete.

We will be confirming more training dates for next year soon. To book your place, please email GPLiaison@circlereading.co.uk or call **0118 922 6923**.

Welcoming our new consultants

Mr Amar Malhas, Consultant Orthopaedic Surgeon

Contact Kayleigh Fox via **0118 922 6908** or email kayleigh.fox@circlereading.co.uk

Mr John Dickinson, Consultant Plastic Surgeon

Contact the team via **0118 922 0026** or email enquiries@circlereading.co.uk

Dr Joey Lai-Cheong, Consultant Dermatologist

Contact Kirsty Cobden via **0118 922 0026** or email kirsty.cobden@circlereading.co.uk

Mr James Ramus, Consultant General Surgeon

Contact Kailum Rochester via **0118 922 6896** or email kailum.rochester@circlereading.co.uk

Mr Klaus Hilt, Consultant Orthopaedic Surgeon

Contact Kayleigh Fox via **0118 922 6908** or email kayleigh.fox@circlereading.co.uk

Circle Reading Hospital exclusion criteria For NHS e-Referral (Choose & Book) patients

- **BMI greater than 50**
- **Patient under the age of 18**
- **MI/CVA/Recurrent TIA within the last 6 months**
- **Cardiac related disorders**
- **Life threatening Respiratory Disorders (COPD, Bronchiectasis etc.)**
- **Severe & Life threatening Blood Disorders**
- **Unstable Psychiatric disorder**
- **Visual Acutities under 6/12 for cataract surgery**
- **Glaucoma**
- **Lid Cyst Removal**

If you have any queries please contact the Circle Reading bookings team: call 0118 922 6925 or email circle.bookings@nhs.net

Here are some of our self-pay guide prices

Carpal tunnel release - from £1,600

Cataract surgery - (one eye - standard lens) from £2,425

Colonoscopy - from £1,600

Excision of cyst - from £745

Facet joint injection (1-2 levels) - from £1,145

Gastroscopy - from £1,400

Hernia repair - from £2,000

Hysteroscopy - from £1,800

Tonsillectomy - from £2,300

MRI scan - from £350 (additional £150 if contrast is required)

Our self-pay enquiry number is **0118 922 0026**. You can also contact the team via enquiries@circlereading.co.uk



A round-up of Circle's recent events

Thank you to everyone who has attended our recent events here at Circle Reading. On Wednesday 11th October we trialled a new format for our educational evenings, with shorter presentations from more speakers. Topics included strategies to avoid shoulder injuries, gynaecology and common referrals for general and colorectal surgery.

We also hosted an educational evening on Neurological rehabilitation on Wednesday 29th November, with local GPs, physiotherapists, occupational therapists, nurses and members from local associations in attendance. Topics included life after stroke, clinical psychology and the use of orthotics in Neurological rehabilitation.

We're really looking forward to hosting more events like these in 2018, so if you have any particular topics in mind, please email your suggestions to GPLiaison@circlereading.co.uk



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