

New Director Appointments



Ann Palmer

Our interim hospital director at Sancta Maria, Ann Palmer, will be out and about around south west Wales in the next few months to meet GPs face to face.

Over the next few months you will see a lot of changes at Sancta Maria as we work to improve our interior decor and facilities. All patient bedrooms and consulting rooms will be updated.

She said: "Sancta Maria offers an unrivalled private service for patients in the south west of Wales. I am making it my responsibility to learn as much as possible about the area and show local GPs how Sancta Maria can help both them and their patients."

New Experts On Board

We're delighted to welcome on board two new consultants at Sancta Maria.

Mr Thomas Ressiniotis - Consultant Ophthalmologist

Mr Ressiniotis has recently started working as a Consultant Ophthalmologist at Sancta Maria.

His vision is to provide a top quality comprehensive glaucoma, cataract and general ophthalmology service.

His ophthalmology career started in the north of England, and his specialist registrar training in ophthalmology took place in the Northern Deanery from 2003 until 2007.

During this time he gained extensive training in **general ophthalmology** and developed a particular interest in **glaucoma** and **cataract surgery**. In 2007, he was awarded the Degree of Doctor of Medicine from Newcastle University for his research in the field of Glaucoma Genetics.

After his specialist training, he completed a Fellowship in Glaucoma in Moorfields Eye Hospital in London,

during which he obtained advanced clinical and surgical skills in the field of glaucoma and cataract.

Mr Nick Wilson-Jones - Consultant Cosmetic Surgeon

Nick Wilson Jones is an NHS Consultant in Plastic and Reconstructive Surgery having qualified as a Doctor from University Hospital of Wales, Cardiff.

His private work at Sancta Maria encompasses all forms of **cosmetic surgery** including facial aesthetic surgery, breast and body contouring surgery and non-surgical facial rejuvenation.

He was awarded a research Masters Degree with distinction at University College, London, looking at methods to reduce scarring in human skin.

He completed his plastic surgery training at the Welsh Centre for Burns and Plastic Surgery, prior to completing further sub-speciality fellowships in Cosmetic Surgery as the Mentor International Aesthetic Fellow under Mr Barry Jones, London, and in Paediatric Plastic Surgery at British Columbia's Children's Hospital, Vancouver.

GP Hotline

As part of our ongoing commitment to improve our service to GPs we are pleased to announce that from 1/1/10 a dedicated hotline will be available to connect GPs and our patient appointments service.

Andrea Jenkins will take the lead in ensuring that all calls to **01792 479050** are answered promptly and that our service to GPs is what you expect and deserve.

You will notice that the number is unchanged but will become a dedicated line for GPs, dramatically improving the efficiency of our service to you.

by Mr D Woodnutt

Mr Woodnutt is a Consultant Orthopaedic Surgeon and has practiced at Sancta Maria for over 9 years. He specialises in Hip Replacement.



The last 10 years have seen huge advances in the understanding of hip arthroplasty. Particularly, in the processes of wear, tribology, fixation, importance of follow-up and understanding revision surgery as well as tailoring the implants to the patients needs and life-style to name but a few.

The greater success of hip surgery now allows the younger person with Arthritis to be considered for hip replacement: gone are the days when the surgeon would look sympathetically over his half-moon glasses to say he would be willing to help if only you weren't "too young"!

It is easy to forget how debilitating the constant pain of an arthritic hip can be – every movement, particularly if unguarded such as at night, will prevent the poor unfortunate patient forgetting, however!

When needed, hip arthroplasty can now be performed for very young patients with more than 50 under the age of 40 last year in Swansea alone: a handful in teenagers. Sancta Maria has always encompassed the rapidly changing world of hip surgery and now

provides the full range of procedures that can be offered to patients.

From the bone preserving, "fix and forget" Hip Resurfacing through the newer Mid-Head Resection resurfacing and Large Head Metal-on Metal articulations to the conventional Hybrid hip replacement but utilising the highly advanced flexible acetabular cups now available, patients can expect to receive the most appropriate, successful hip replacement available anywhere in the world today.

However, hip replacement surgery, whilst very successful when compared to most other forms of surgery, is not guaranteed. Infection, dislocation, leg length discrepancy, Deep Venous Thrombosis (DVT) and nerve injury must be considered. In Swansea, these complications are rare occurring overall, in less than 1% of patients – half the UK average.

In our experience, of most concern to those about to undergo surgery, is the risk of infection – particularly with the hospital "superbug" MRSA. We at the Sancta Maria Hospital take the risk of any infection very seriously as an infected joint has little hope of long-term survival and will lead inexorably towards revision surgery with the associated morbidity which that entails.

In the Sancta Maria Hospital, every effort is made to reduce these risks to a minimum. For example, universal screening for MRSA is undertaken prior to admission together with a dedicated experienced theatre team to allow expeditious, high quality surgery;

calf pumps and dedicated patient positioning devices used to avoid impairing venous return during surgery reducing the incidence of DVT; specialised anaesthetic techniques employing nerve blocks to reduce peri-operative morbidity and improve patient comfort. Senior nurse-led long-term follow-up clinics provide not only feedback on patient outcomes but allow patients an easy portal for quick review, if needed.

In addition, patients can rest assured that they will not be forgotten once they have recovered from surgery. All patients are entered into the National Joint Registry which is rapidly becoming the "gold standard" throughout the world. Patients will be assessed indefinitely, from time to time, and always have a quick and easy method to initiate a review should they run into trouble.

We also recognise the need for greater and more reliable information to be given in a timely manner to our partners in General Practice. Although the first port of call for post-operative concerns or complications should be the surgeon at the Sancta Maria Hospital, patients will frequently consult their General Practitioner. At this stage, information on recent surgery is vital in facilitating unimpeded further management.

The story does not stop there, of course, and we at the Sancta Maria Hospital will be continuing to offer modern arthroplasty surgery based on up-to-date evidence based medicine. Patients undergoing Hip Arthroplasty surgery can rest assured that they can expect the highest standard of care.



Edna's Story

Seventy five year old Edna Jones underwent Laparoscopic Nephrectomy surgery at Sancta Maria in September.

Edna, from Baglan in Port Talbot, initially turned to the hospital for a second opinion after double pneumonia many years ago left a scarring on her right lung. A recent bout of coughs worried Edna and her family, and they decided to have the Sancta consultants check things out.

During the process, they spotted another issue.

Tests had shown that Edna had a growth on her liver that had previously gone undetected.

Edna explains: "It was quite a shock to be told that there was a

growth on my liver. I had no idea anything was wrong in that department. The consultants were wonderful though and took me into their care immediately.

"I was referred to Mr Fenn straight away and within hours of the problem being spotted, a solution was offered to me. While I was worried I already had the feeling I was in capable hands."

Edna's surgery took place on Tuesday 8 September and by tea time on the Friday, she was fit and able to walk out of the hospital for home.

Edna said: "I can't thank Mr Fenn and the whole team at Sancta Maria enough for the great care they took of me. Both my husband and daughter were so impressed that they sent a letter of thanks to the hospital when I got home.

"One visitor of mine remarked that Sancta wasn't like a hospital at all. The food was gorgeous, the views over the Mumbles were stunning and the cleanliness was impeccable.

"My recovery is going well and I still feel like the team at Sancta are keeping a close eye on me. As well as having regular check-ups with Mr Fenn, he even called me personally the day after I came home to check on me. Now that's what I call going the extra mile."

Urology Services Update

By Mr Neil Fenn, Consultant Urologist.

Sancta Maria has a long history of providing high quality urology care. Regular outpatient clinics are supported by diagnostics including urine/blood analysis, radiology, flow rate testing and diagnostic flexible cystoscopy. With recent investment in a state of the art ultrasound machine, development of a 'One stop PSA clinic' is planned.

Inpatient work has included scrotal surgery, cystoscopic bladder tumour treatment, TUR(P), infertility and incontinence surgery. The hospital has recently been accredited to treat children as young as six months and therefore we plan to expand our paediatric service to include a cultural/religious circumcision service, which is not currently offered on the NHS.

Over the last year the service has been further enhanced with the provision of major urological cancer surgery including Radical Prostatectomy and Laparoscopic Nephrectomy,

Hospital Consultant Urologist, Mr Neil Fenn said "Utilising local expertise, we have worked with the hospital and my anaesthetic colleagues to provide a safe environment for major urological cancer surgery. Developments including high dependency beds, an epidural service, cell salvage facilities and investment in laparoscopic equipment allowing us to provide the high quality of care required for this type of surgery."

To refer a patient:

Call us on 01792 479050 Email us at appointments@sanctamaria.co.uk

Fax us on 01792 463071

Write to us at Sancta Maria Hospital, Ffynone Road, Swansea SA1 6DF

Lucky Winner

With more and more people signing up for our cosmetic surgery open evenings, Sancta Maria has started making more of a presence in the area to provide local people with information about the service.

Just recently, we took part in a wedding fayre at the Ivy Bush Hotel in Carmarthen.

There, a prize draw for £250 worth of non-surgical cosmetic treatments with Sancta Maria's resident cosmetics nurse practitioner, Heather Thomas, was won by Llywela Jones. Mr Dean Boyce, Consultant Plastic Surgeon at Sancta Maria, drew the winning name.

A Great Day Of Golf

Sancta Maria Golf Day was held in October, at Machynys Golf and Country Club. A great afternoon of golf was had by all – thanks to the autumn sunshine.

Mr Jim Manson, Consultant General Surgeon at Sancta Maria, was declared the tournament's victor, with Dr Francesca Newman, GP at West Cross surgery and the tournament's only female competitor, coming a triumphant second.

The afternoon was supported by Sancta Maria consultants and local GP practices including Sketty and Killay surgery, Manselton surgery, West Cross surgery, Llansamlet surgery, and the Grove Medical Centre.

We're hoping to hold a similar event in the spring. If you'd like to come along, please contact Debbie Young on 01792 479041 or e-mail DebbieY@sanctamaria.co.uk

A New Look For Sancta Maria

You may have seen a change in the look of Sancta Maria lately as we update our marketing literature to present a more up to date image of the services we provide at the hospital.

One of the key features of the new marketing drive is a new website (www.hmthospitals.co.uk) where you can find all the information on treatments available as well as a list of our consultants and their biographies.

A Fond Farewell

Sancta Maria bid a fond farewell in October to Consultant Urologist, Mr Keith Vaughton, who has been with the hospital for 27 years.

Staff said their goodbyes over a glass of Veuve Clicquot. Ann

Palmer, said: "We are sorry to see Mr Vaughton leave after so many years of delivering excellent service at the Hospital. I very much hope he will keep in touch".

Mr Vaughton said: "Over the years I have had countless people

complimenting the care and attention they have received as patients from the staff in the hospital – compliments for which everyone should be very proud. Thank you all for your help and friendship over the years. I wish you all well for the future."

Sancta Maria Hospital Clinic Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Morning</i> Vascular Surgery Neurology Orthopaedics	<i>Morning</i> Neurosurgery Gynaecology Dermatology	<i>Morning</i> ENT Urology Orthopaedics	<i>Morning</i> Gynaecology Neurosurgery Plastic Surgery	<i>Morning</i> Gynaecology Ophthalmology
<i>Afternoon</i> Gastroenterology Neurology Maxillofacial Ophthalmology	<i>Afternoon</i> Urology Ophthalmology Cardiology General medicine Dermatology	<i>Afternoon</i> ENT Dermatology General Surgery Gynaecology Gastroenterology Ophthalmology	<i>Afternoon</i> ENT Plastic Surgery	<i>Afternoon</i> Plastic Surgery Ophthalmology Vascular Surgery
<i>Evening</i> Gynaecology Plastic Surgery Psychiatry Ophthalmology Clinical Neurophysiology	<i>Evening</i> Gastroenterology General Surgery Psychiatry	<i>Evening</i> ENT Dermatology General surgery Plastic Surgery	<i>Evening</i> ENT Gynaecology Cardiology Neurology Clinical Neurophysiology	Saturday We currently do not have any clinics on a Saturday morning

Sancta Maria Hospital, Ffynone Road, Swansea SA1 6DF.

Email us at admin@sanctamaria.co.uk

Call 01792 479040 or visit www.hmthospitals.co.uk



Sancta Maria Hospital
Swansea