

CORPORATE HEALTH BULLETIN

THE **PRINCESS GRACE** HOSPITAL

The Wellington Hospital

London Bridge Hospital

THE **LISTER** HOSPITAL
chelsea

The Portland Hospital
for Women and Children

THE HARLEY STREET CLINIC



Seasons greetings and a Happy New Year from HCA



In a young, healthy workforce many claims on your health insurance are likely to be accidents and sports injuries. And as we are all encouraged to become increasingly active, we're seeing an inevitable rise in sports related injuries.

The good news of course is that most muscular skeletal damage is relatively easy to fix and increasingly so in this high-tech age of micro surgery; computerised diagnostics and tissue regeneration. The days of lying low for weeks after a knee or hip operation are almost behind us, we now have the technology to keep you and your joints working!

In this issue, we introduce some of our leading centres in this area, as well as our internationally acclaimed Rehabilitation Unit at The Wellington Hospital. Although this Unit deals with severe cases, much of the expertise gained from this acute area of medicine will ultimately benefit those attending any of our London hospitals.



John Kausch,
CEO,
HCA International



Après ski at a clinic near you!

More than one million Britons take a skiing holiday every winter, but for a hapless few that well earned week could turn into days, weeks or even months of absence from work.

HCA operates the largest private knee units in London and is gearing up for the predicted New Year increase in referrals by providing additional clinics for a wider range of injuries. A new Hand Unit will be the first of its type in the UK and its launch coincides with the ski season.

"A typical skiing injury, such as a cruciate ligament tear of the knee, may be helped through physiotherapy, however frequently cases may require surgery and the patient will not be able to return to full sporting ability for at least six months", says Howard Ware, Consultant Orthopaedic Surgeon at the Wellington's Specialist Knee Unit. "This is complicated by the fact that skiers often damage their thumbs and wrists as well, requiring a completely different treatment and rehabilitation programme".

Once assessed a patient can be referred to a specialist wrist surgeon or any number of orthopaedic and muscular skeletal consultants, depending on the nature of their injury.

Using a combination of the latest diagnostics, minimally invasive surgery and dedicated physiotherapy recovery time can be kept to an absolute minimum with the advantage that out-patient clinics can be accessed close to the workplace and at flexible times in the West End and the city.

So, if you couldn't stay upright on your skis, at least you can stay on top of things at work.

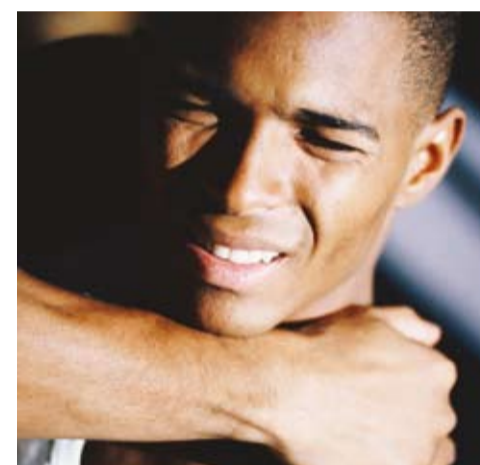
"Skiing accidents are most likely to affect the knees and thumbs, whereas snowboarding injuries are more commonly associated with the wrist, forearm and ankle."

▶ For local HCA Hospitals specialising in muscular skeletal and orthopaedic injuries contact HCA Connect on 020 7079 4344 or email: hcaconnect@hcahealthcare.co.uk

Sports Injury Clinics take off

If your workforce is predominantly male aged 21 to 40 years, sports injuries will be a major cause of absenteeism. Often sports injuries lay dormant for many years before they need treatment – the classic being the 'knee cartilage' or meniscal tear.

If you would be interested in initiating specialist Sports Injury Clinics for your workforce, either on-site or close to your workplace, please contact us.



Specialist centre for babies



The Portland Hospital
for Women and Children

Babies born with problems such as dislocated hips can also be treated at The Portland Hospital for Women and Children. The unit offers a comprehensive service for the diagnosis and treatment of children's muscular skeletal conditions. Internationally recognised consultant paediatric orthopaedic surgeons base their private practice at the hospital, supported by dedicated paediatric physiotherapists and radiographers.

The Knee Specialists

Across our HCA London hospitals we review more than 7,000 knees every year, including many top athletes and sports professionals.

Our private clinics are led by leading NHS consultants and provide access to the latest diagnostics and treatments such as MRI Scanning, Arthroscopy and Computerised Knee Rehabilitation.



STOP PRESS

A new outpatients centre will be opening in the heart of The City early in 2006. This will offer convenient treatment for all types of injuries, such as sports medicine physicians and steroid injections. For more information, contact the London Bridge Hospital on 0207 407 3100.



New treatment for migraine

Chronic migraines could be caused by a tiny hole in the heart, say consultant cardiologists. Clinical trials run at The Wellington Hospital in partnership with the NHS have shown that a simple surgical procedure could put an end to the misery of this debilitating condition.

For information contact The Wellington Hospital on 0207 586 5959.



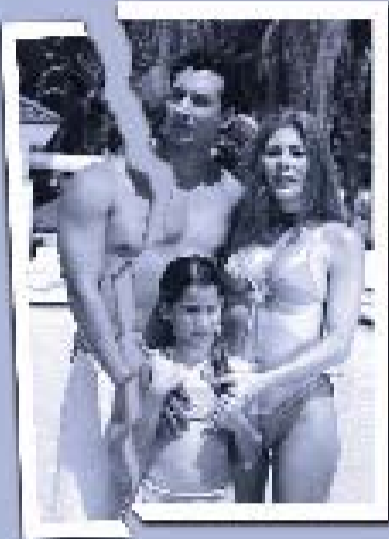
Hip service

Latest treatments for hips can add years to the life of hip joints in young people without the need for replacement. Now available at The Wellington Hospital, the minimally invasive hip arthroscopy can be used for a range of procedures such as joint re-surfacing. Patients can be up and mobile in as little as three days after the surgery.

Wellington Hospital expands Rehabilitation Unit

A life changing event

An executive is driving home late one night in his Ferrari when a lorry crosses the central reservation towards him. When he arrives with us, from the local A & E, he is on life support and his family is told there is little hope. After three months, he moves a finger. Three months later, he opens his eyes. One year on and he is in a wheel chair and able to leave. It is a very emotionally charged moment and the end of a painstaking process where every single day, little by little, our teams of experts here and his family have been part of a unique recovery.



This is a typical account of a patient treated at the Rehabilitation Unit of HCA's Wellington Hospital which this month celebrates the completion of a £5m expansion.

Around 20 of the UK's top consultants, many from London's teaching hospitals, practise at the 45 bed unit reflecting its status as the leading centre of its type in the private sector.

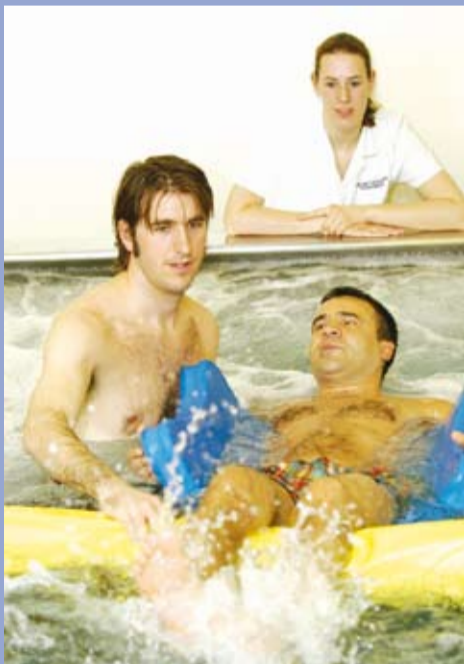
Specialising in neuro-rehabilitation of people with head injuries, spinal injury, stroke, amputation and those suffering from critical illness or multiple injuries, the centre provides treatment through a multi-disciplinary team including physiotherapists, occupational therapists and speech therapists.

Dr Richard Greenwood (a leading consultant in NHS and private practice) says, "The facilities and treatment options available at The Wellington Hospital are extremely diverse and they are delivered by an exceptionally experienced team.

"Through the comprehensive retraining of daily living skills we can reduce a patient's care needs and optimise their long term independence."

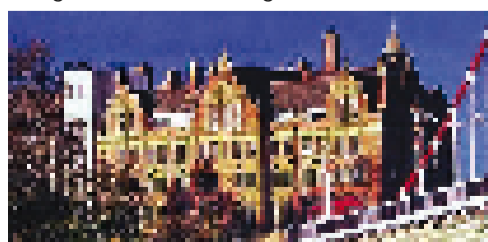
Is it insured?

The average stay in rehabilitation is 48 days. Most policies offer a six week no limit cover, but will extend this cover when applied.



The Lister Hospital - the beginnings

A well recognised landmark opposite Chelsea Bridge, this listed building is named after one



of the pioneers of modern day antiseptic treatments. Joseph Jackson Lister was born in 1827 and spent much of his lifetime studying bacteria and wound infection, eventually earning the Freedom of the Cities of Edinburgh, London and Glasgow.

The Lister Hospital treats a wide range of conditions but has an international reputation in reproductive medicine and gynaecology.

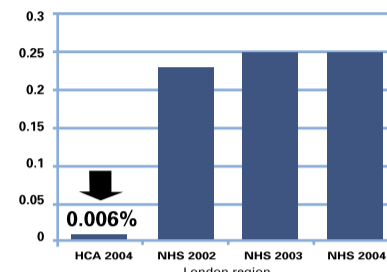
Lesley takes steps to recovery

When actress Lesley Ash contracted a rare form of MRSA, the infection attacked her central nervous system. Prior to the infection Lesley was young and fit with a successful career, but the unforeseen illness left her paralysed and helpless.



She was transferred to the Rehabilitation Unit at The Wellington Hospital for treatment. When Lesley left the Wellington she was able to walk unaided.

MRSA rates in HCA hospitals are 40 times less than in the London NHS hospitals (see chart of data taken from January to June 2004, to the right, showing number of hospital acquired MRSA infections per 1000 bed days), as a result of very strict cleaning regimes and the high level of investment and effort put into infection control.



Referrals to private hospitals

Your Questions Answered

Do I always need a GP referral?

Many of our clinics can be accessed without a GP referral. Most insurance companies require a GP letter in order to process a claim. We advise you to check with your insurer for their requirements. If you are not using insurance, you can contact our clinics directly.

Can I choose which consultant I see?

We have many consultants who regularly practise in our hospitals and clinics and can provide a list of consultants specialising in the area of treatment. So you can choose who you see and when.

How can I ensure that other employees in my organisation know about HCA clinics?

We can provide full details of relevant clinics for you to circulate to your employees. Alternatively, they can call HCA Connect for advice about treatments and clinics at all our London hospitals.

How can I ensure that our private GPs know about these clinics?

We regularly meet and communicate with GPs in London. However, if you would like to give us details of your GPs, we can ensure that they are included in this programme.

Leading specialists just a phone call away

A typical GP visit allows 8 minutes. If the patient has private health insurance, or requests a private referral, there isn't sufficient time for the GP to locate the best and appropriate specialist. Frequently patients are offered a referral letter and then have to search for their own specialist.

HCA-Connect, the central information and appointment service for the six HCA hospitals provides GPs and patients names of relevant specialists nearest to you with clinic times and will also make the appointment for you if you require.



Please call us if you would like these contact cards for your employees



Breast screening and one-stop clinics

Response to our Corporate Briefings in October was hugely positive and many questions were raised about how employees can access these services. We have compiled a fact sheet covering frequently asked questions as well as costs and locations for our Breast Care Services.



For more information please contact: HCA Connect

