

The North West London Hospitals



NHS Trust



**Inflammatory Bowel Disease (IBD)  
services at  
North West London Hospitals NHS Trust**

# Useful Numbers:

**Hospital switchboard:** 020 8235 4000

## IBD Nurse Specialists:

**Advice Line** (voicemail): .....020 8235 4155

**Email:** .....nwlh-tr.ibdnurse@nhs.net

**IBD Nurse Secretary:**.....020 8235 4026

## Secretaries for Consultants

Dr A Hart (*Lead IBD Unit*)..secretary: 020 8869 5808

Dr A Akbar.....secretary: 020 8869 5808

Dr N Arebi.....secretary: 020 8235 4084

Dr C Fraser.....secretary: 020 8235 4225

Dr S Gabe .....secretary: 020 8235 4089

Dr A Haycock.....secretary: 020 8235 4084

Dr W Hyer.....secretary: 020 8869 2644

Dr M Jacyna.....secretary: 020 8869 2628

Dr J Nightingale .....secretary: 020 8235 4196

Dr S O'Brien.....secretary: 0208 453 2205

Dr M Pitcher.....secretary: 020 8869 2630

Dr B Saunders .....secretary: 020 8235 4225

Dr A Sharif.....secretary: 020 8453 2205

Dr D Sherman .....secretary: 020 8453 2202

Dr S Thomas-Gibson.....secretary: 020 8235 4225

## Secretaries for Surgeons

Mr S Clark.....secretary: 020 8869 2618

Mr I Jenkins .....secretary: 020 8235 4177

Mr R Kennedy.....secretary: 020 8235 4177

Mr O Faiz .....secretary: 020 8235 4077

Professor R Phillips .....secretary: 020 8235 4195

Miss C Vaizey .....secretary: 020 8235 4020

Mr J Warusavitarne .....secretary: 020 8235 4168

**Research co-ordinator:** .....020 8869 2041

**Outpatients department**.....**Central Middlesex Hospital:** .....020 8453 2203

**Outpatient department** .....**St Mark's Hospital:**.....020 8235 4051/4052

**Outpatient department nursing team** ....**St Mark's Hospital:**.....020 8235 4070/4064

**Endoscopy department**.....**Central Middlesex Hospital:** .....020 8963 8911

**Endoscopy department**.....**St Mark's Hospital:**.....020 8235 4130

The North West London Hospitals NHS Trust has a specialist and world renowned Inflammatory Bowel Disease (IBD) service that is based predominately at St Mark's Hospital, but also covers Northwick Park & Central Middlesex hospitals. Our service encompasses all aspects of IBD care; medical, nursing and surgical treatment, psychological and nutritional support, research and education, as well as service for the transition from childhood to adulthood. The purpose of this leaflet is to introduce members of the team and also raise awareness of the services we provide.

## The Inflammatory bowel disease team:

- **The Gastroenterologists (medical doctors)**



**Dr Ailsa Hart** leads the IBD service and we are fortunate to have a large team of gastroenterologists:

Dr Ayesha Akbar, Dr Naila Arebi, Dr Chris Fraser,  
Dr Simon Gabe, Dr Adam Haycock,  
Dr Meron Jacyna, Dr Jeremy Nightingale,  
Dr Sharon O'Brien (*Central Middlesex*),  
Dr Max Pitcher, Dr Brian Saunders,  
Dr Amar Sharif (*Central Middlesex*),  
Dr David Sherman (*Central Middlesex*),  
Dr Siwan Thomas-Gibson.

Our paediatric IBD service is growing and Dr Warren Hyer (*Consultant Paediatrician*) continues to expand the service in conjunction with the Paediatric unit at Chelsea and Westminster Hospital. Dr Hyer works closely with Dr Hart, Dr Akbar and the IBD Specialist nursing team in dedicated adolescent clinics where the young patients can be assisted in a seamless transfer to adult services.

- **The Colorectal Surgeons**



**Mr Janindra Warusavitarn** leads the surgical IBD services with his consultant colleagues:

Miss Sue Clark, Mr Omar Faiz, Mr Ian Jenkins,  
Mr Robin Kennedy, Professor Robin Philips and  
Miss Carolynne Vaizey.

Our surgeons are highly experienced in performing operations using keyhole surgery techniques, in addition to open surgery

We understand that contemplating surgery can be a daunting time. When surgery is first discussed you will be advised to have a consultation with one of our highly experienced surgeons. The purpose of this appointment is to ensure that you have a clear understanding of the surgical options that may be available to you. This is also an ideal time to have any questions you may have answered.

- **IBD Specialist Nurses (020 8235 4155)**



**Marian O'Connor** leads the IBD Nursing team with Tracey Tyrrell and Hannah Middleton, both IBD Specialist Nurses.

The IBD nursing team should be your first point of contact if you require any advice regarding your disease. In particular they can provide support, advice and information on your inflammatory bowel condition.

The advice line (020 8235 4155) is run by the IBD nurses and we encourage you to leave a message if you have any query relating to your disease, and especially if you are becoming unwell. The IBD nurses can assess you, advise over the phone and as appropriate make an appointment for you to be seen by a doctor in the outpatient department. You can access the advice line during week days (except Wednesdays), but it is important to remember that if you are very unwell you should seek alternative advice via your GP or local accident and emergency department, as it may be more than 24hrs before your call is returned.

The IBD Nursing team are also available for booked clinic appointments in the out-patient department, which can be particularly helpful to those who have had a recent diagnosis of IBD. Many medications used for the treatment for IBD require regular blood tests, and if you are having difficulty organising this with your GP, you can contact us to discuss this.

The IBD day unit is located on level 4 of St Mark's Hospital. Treatments such as Infliximab, Adalimumab, Methotrexate and intravenous iron therapies are administered by the IBD Nursing team.

- **Dietitians**

There is a large nutrition and dietetics team within the Trust.

They are available (by referral) to offer support, guidance and information regarding nutritional aspects of your disease. Your doctor or nurse may discuss dietetic support with you and will make a referral to a member of the team if they think it appropriate.

- ***Stoma care (020 8235 4110)***

The stoma and pouch clinical nurse specialist team is led by **Angela Vujnovich**, based at St Marks and Northwick Park Hospital. The Stoma and pouch nurses will see patients in hospital, prior to surgery and offer support and guidance throughout the process. The team also provides on-going support to patients with a stoma, ileo-anal pouch and enterocutaneous fistula. At Central Middlesex Hospital, the ward nursing team have access to advice for in-patients via the stoma care department. If appropriate a clinic appointment can be arranged in the out-patient department to see the stoma nurses.

For those patients that reside within the local area (Harrow Borough) there are several out-patient clinics. For those patients who reside outside the local area, you should be referred to a local stoma care service who will be able to offer follow up support closer to home.

The service can be accessed Monday-Friday 0800-1700, on the following numbers (voicemail facilities available).

020 8235 4110 (all stoma care issues)

020 8235 4126 (all ileo-anal pouch care issues)

- ***Nutrition nurses***

Occasionally patients with IBD may require a period of nutritional support via a tube placed either directly into the gastrointestinal tract (*enteral nutrition*) or a catheter into the bloodstream (*parenteral nutrition*). There is a nutrition nursing service available for training on care of these devices and troubleshooting any problems that may arise from their use. The nutrition nursing team is headed by **Mia Small**, Nurse Consultant in Nutrition, and supported by Clinical Nurse Specialists Sally Crowther and Sam Kay. They can be contacted Monday to Friday on **0208 235 4120**.

- ***Psychological Medicine Unit (PMU)***

The St Mark's Hospital PMU is headed by **Dr Julian Stern** (*Consultant Psychiatrist in Psychotherapy*), with Dr Yoram Inspector (*Consultant Psychiatrist*), Dr Esther Serrano-Ikkos and Ms Megan Virtue (*Psychologists*) as his consultant colleagues.

The Psychological Medicine Unit is ideally placed to offer psychological assessment and support to patients with gastrointestinal conditions. Following an initial assessment, you may be offered on-going therapy within the unit or locally (closer to home). It can sometimes be difficult to cope with aspects of living with a long-term condition or illness, and psychological support can be made available. If you feel that this service would be of benefit, please discuss a referral with your doctor or GP.

Mrs Breda Orrell is the administrator for the Unit and can be contacted on **020 8235 4017**.

## **Inflammatory Bowel Disease Services:**

### **Outpatient clinics**

The outpatient department is based on Level 3 of St Mark's Hospital and on level 1 of Central Middlesex Hospital (BECAD). The clinics are by booked appointment only and each consultant has a team of specialist registrars who work alongside them. It will not always be possible for you to see your Consultant personally and so you may see one of the registrars.

The aim of an outpatient appointment is to review your current symptoms and if appropriate undergo a physical examination. It also gives you the opportunity to discuss any concerns you may have. When you first arrive, please expect to be weighed by the outpatient nursing staff, who are also available to assist you whilst you are in the department. If you require a blood test following your appointment, these are also completed within the department.

**The phlebotomy service opening hours are as follows:**

Mon-Thurs 9.00-17.00

Fri 9.00 – 12.00

## Further appointments

In order to ensure that your appointment is effective, any investigations planned previously should, if possible, be completed prior to your next visit. If you find that this is not the case, please notify the outpatient department so that they can alter your follow-up appointment.

Appointments with the team are available both in clinic and over the telephone. These appointments are arranged by the outpatient department administration team. You will be sent a letter inviting you to contact them to arrange your appointment approximately 6-8 weeks before it is due. If for whatever reason you can't attend your appointment, please phone the out-patients department to rearrange.

Your GP is likely to be closely involved in your care at all times. After each clinic appointment in the hospital, your GP will be informed of any changes to your care plan (and medications) by letter. A copy of this correspondence may also be sent to you.

Please be aware that you are entitled to seek a second opinion either within the trust or elsewhere if you so wish. Please discuss with your current consultant or GP if you would like to explore this possibility further .

## Facilities

Toilet facilities are available directly inside the main entrance to St Mark's Hospital (right hand side). There are also toilets located within each individual department at both hospitals. If you need any assistance finding them, just speak with a member of staff.

Refreshments are also available from the St Marks tea bar (*located on level 3, St Mark's hospital, just behind reception*). There is also a large restaurant located within Northwick Park Hospital, Level 4 & Level 1 of Central Middlesex Hospital.

## Prescriptions

Initial prescriptions may be issued from the hospital pharmacy department (*based within Northwick Park and Central Middlesex Hospitals*). You will be advised by the pharmacist about your medications when you collect them. Do be aware that it is normal for you to be given a limited supply from the hospital pharmacy; your GP will then be asked to prescribe your following prescriptions. It might be worth considering a pre-payment certificate which can significantly reduce the cost of your regular prescriptions – speak with your local pharmacist for more information about this.

## Endoscopy

The Wolfson Unit for Endoscopy was established in 1996 as a National centre for endoscopy. It has been recognised internationally as a World Centre of Excellence by OMED, the World Organization of Gastrointestinal Endoscopy and the only centre in the UK to be recognised in this way. The Wolfson Unit is led by **Dr Brian Saunders** and is based at St Mark's Hospital. Examinations such as colonoscopies are performed here. The endoscopy department at Central Middlesex is a slightly smaller unit but offers a similar service.

## Radiology

The imaging departments at St Mark's and Central Middlesex Hospitals offer a comprehensive range of services. The specialist radiologists are pioneering new techniques such as virtual colonoscopy, CT/MRI of the small bowel and also imaging of complex inflammatory bowel disease.

## Research and clinical trials

As a specialist hospital in IBD, we have an active research and clinical trials programme. You may be asked if you are interested in being recruited into a research project by your doctor, but you are not under any obligation to take part.

**Lawrence Penez** is our clinical trials co-ordinator and he can be contacted on 020 8869 2041.

## What to do if you become unwell

It is important that as soon as you start to feel unwell or notice a 'flare', that you make contact with us promptly, often this can allow for timely treatment. Please contact the IBD nurses on the IBD Advice line in this situation (0208 235 4155). However, during out-of hours please contact your GP, NHS direct or local Accident and emergency department for medical assessment and advice.

## IBD Patient panel Meeting (PPM)

The PPM meets every 2 months and is attended by a group of about 10-15 regular patients who provides feedback on our current or any new IBD Services in the hospital. This group is entirely patient led but has support from the following team members at the regular meetings - The IBD, Nutrition, ward & out-patients nursing teams also attend regularly. If you are interested in attending or getting involved, you can keep you to date with the progress at these regular meetings on the St Mark's website under IBD patient panel <http://www.stmarkshospital.org.uk/patient-information>. You can also e-mail the IBD nursing team on [nwlh-tr.ibdnurse@nhs.net](mailto:nwlh-tr.ibdnurse@nhs.net) to put you in touch with the chair of the patient panel if you are interested in attending future meetings.

## Sources of useful information

### **Crohn's and Colitis UK (formerly NACC)**

4 Beaumont House, Sutton Road, St Albans, Herts, AL1 5HH.

Information Line: ..... 0845 130 2233 (or 01727 844 296)

### **Crohn's and Colitis**

support: ..... 0845 130 3344

General enquiries: ..... 01727 830 038

Website: ..... [www.nacc.org.uk](http://www.nacc.org.uk)

### **Crohn's in Childhood Research Association (CICRA)**

Parkgate House, 356 West Barnes Lane, Motspur Park, Surrey, KT3 6NB

Tel: ..... 020 8949 6209

Email: ..... [support@cicra.org](mailto:support@cicra.org)

Website: ..... [www.cicra.org](http://www.cicra.org)

### **CORE (formerly known as Digestive Disorders Foundation)**

3 St Andrews Place, London, NW1 4LB

Tel: ..... 020 7486 0341

Email: ..... [info@corecharity.org.uk](mailto:info@corecharity.org.uk)

Website: ..... [www.corecharity.org.uk](http://www.corecharity.org.uk)

### **Colostomy Association (CA)**

2 London Court, East Street, Reading, RG1 4QL

Tel: ..... 0118 939 1537

Helpline: ..... 0800 328 4257

Website: ..... [www.colostomyassociation.org.uk](http://www.colostomyassociation.org.uk)

### **IA (The Ileostomy & Internal pouch support group)**

Pevehill House, 1-5 Mill Road, Ballyclare, Co. Antrim, BT39 9DR

Tel: ..... 0800 0184 724 (free) or 028 9334 4043

Email: ..... [info@iasupport.org](mailto:info@iasupport.org)

Website: ..... [www.iasupport.org](http://www.iasupport.org)

### **IBS network (Irritable Bowel Syndrome)**

Unit 5, 53 Mowbray Street, Sheffield, S3 8EN

Tel: ..... 0114 272 3253

Email: ..... [info@theibsnetwork.org](mailto:info@theibsnetwork.org)

Website: ..... [www.theibsnetwork.org](http://www.theibsnetwork.org)

### **St Mark's Hospital website**

<http://www.stmarkshospital.org.uk/>

### **St Mark's Foundation website**

<http://www.stmarksfoundation.org/>

### **Inside out website (stoma support group)**

[http://www.iossg.org.uk/www/view.php?content\\_id=1&parent\\_id=0](http://www.iossg.org.uk/www/view.php?content_id=1&parent_id=0)

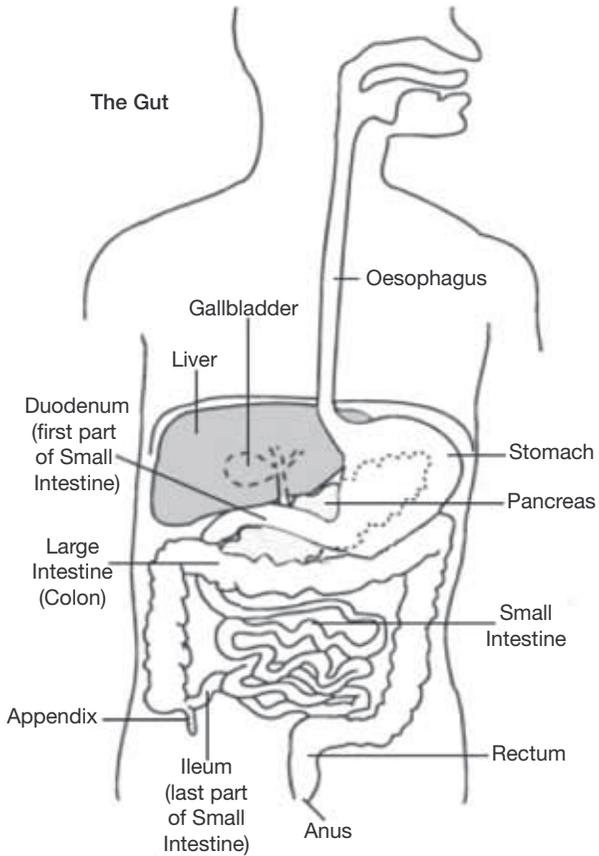
### **Patient panel webpage**

<http://www.stmarkshospital.org.uk/ibd-patient-panel>

### **RADAR key (for disabled toilets)**

<http://www.radar-shop.org.uk>

## Diagram of the digestive system



## Hospital Locations

Please refer to Transport for London for full details of public transport connections to our hospital sites. Maps can also be found on our trust website.

### Northwick Park and St Mark's Hospitals

#### By public transport

Buses: **186, 223, H9, H10 and H14** enter the grounds of the hospitals, and route **182** stops a short distance away on Watford Road. Bus routes **114** and **183** stop on Kenton Road, about a 10 minute walk from the hospitals.

Low floor, wheelchair accessible buses run on all these routes.

Tube and rail links: **Northwick Park (Metropolitan Line)** is the nearest Tube station to the hospitals, five minutes walk away. **Kenton station (Bakerloo and London Overground)** is about a 10-15 minute walk away.

#### By car

Northwick Park and St Mark's Hospitals are situated on one site along the Watford Road in Harrow, near the Northwick Park Roundabout and next to the Playgolf Northwick Park golf club.

Parking is available throughout the hospital grounds in car parks 1 (multistorey), 2, 3 and 4; these locations are signposted from the hospital ring road. Car parking charges can be found on the trust website. There are no charges for disabled drivers parking in designated bays at the hospital.

### Central Middlesex Hospital

#### By public transport

Buses: **187, 224, 226, 260, 440, 487** and **PR2** stop outside the main entrance of the hospital.

Tube: **Harlesden (Bakerloo Line)**, **Park Royal (Piccadilly Line)** and **North Acton (Central Line)** stations are each about a mile from the hospital and are a short walk or bus ride.

#### By car

Central Middlesex Hospital is on Acton Lane, Park Royal opposite the **ASDA** superstore and close to the **Westway (A40/M40)** and the **North Circular Road (A406)**.

There are two main car parks at Central Middlesex Hospital. Car park 1 at surface level is accessed from Central Way; you can also get to the car park from Acton Lane if you are dropping off at Accident and Emergency or the main entrance. The entrance to car park 2 (basement parking) is on **Abbey Road**.

Pay and display charges apply at all times in both car parks, except for disabled persons in vehicles bearing a valid blue badge. Car park 2 is closed to the public from 8.30pm until 7.30am.

2nd Edition May 2012 – Amendments made to this leaflet following consultation with the IBD Consultants and the IBD Patient panel.