

# MSK NEWS AUTUMN 2016

MSK, RHEUMATOLOGY AND PAIN  
MANAGEMENT PROVISION IN HIGH  
WEALD, LEWES, HAVENS AND  
EASTBOURNE, HAILSHAM AND  
SEAFORD



## Welcome to our autumn newsletter

The Sussex MSK Partnership East team has expanded quite considerably over the summer and we have a number of new faces to introduce.

Our new Clinical Director is Dr Simon Thorp, consultant in anaesthetics and pain management. You can read more about Simon and his role in this newsletter. We'd also like to welcome local GP, Dr Daniela Penge, to the team. Daniela will help us to improve the way we integrate with primary care and will be an essential link between the partnership and GPs.

Other new recruits include Andy Lord and Nikki Coburn who both joined us in September as Quality, Safety & Improvement Manager and Quality Administrator respectively. We also have two new Patient Care Advisors, Jacky Mattelaer and Sultana Miah.

Finally, we'd like to congratulate the following people who have been appointed to permanent positions: Jo Dorrill, Integrated Care Manager; Lisa Hemmingfield, Programme Manager; Kasia Kaczmarek, Head of Operations; Anne Sabine, Patient Director and Neil Waller, Finance Manager.

Between April and September 2016, Sussex MSK Partnership East Clinical Referral and Assessment Service has received and processed **19,388** referrals.

Between April and September 2015, we received and processed **17,695** referrals, showing a steady increase.

If you would like to get in touch with us, please

Telephone: 0300 300 0003 Email: [smskp.east@nhs.net](mailto:smskp.east@nhs.net)

Write: Sussex MSK Partnership East, PO Box 3196, Eastbourne, BN21 9QH

You can find out more about us on [www.sussexmskpartnershipeast.co.uk](http://www.sussexmskpartnershipeast.co.uk)

## ESP Writes for Cycling Magazine

Graeme Hadlow, Extended Scope Practitioner for SMSKPE, provided an advice article for September's Cycling Plus magazine, the UK's best-selling cycling magazine.

Graeme is a podiatrist with a passion for cycling biomechanics and we would like to thank him for working with us to create the article. If you have advice or tips you would like to share through the media, contact us at [news@sussexmskeast.com](mailto:news@sussexmskeast.com) and we would be happy to support you.

**For any cyclists amongst you, Graeme has written a more detailed article at: [sussexmskpartnershipeast.co.uk/five-tips-for-managing-foot-pain-discomfort](http://sussexmskpartnershipeast.co.uk/five-tips-for-managing-foot-pain-discomfort)**



## Dr Simon Thorp Joins the Partnership

**We have appointed a new Clinical Director, Dr Simon Thorp, who joined the service on September 6.**



**“I am committed to continuing to develop the service and make sure we work together to provide the best care possible for our patients.”**

Simon is a consultant anaesthetist and pain specialist and is bringing his knowledge and experience to further develop pain services in this area, as well as providing clinical support and direction to Sussex MSK Partnership East's clinicians and administrative staff.

He has been working at Brighton and Sussex University Hospital for over 20 years. He is also an honorary lecturer at Brighton and Sussex Medical School and brings with him a wealth of knowledge in pain management, orthopaedics and anaesthetics.

Simon said: “I am delighted to be joining SMSKPE. My first priority is to meet with GPs, consultants and

Extended Scope Practitioners. I want to listen to their views about the service and act on any issues raised.

“My next priority is education. I plan to set up teaching programmes with Health Education Kent Sussex and Surrey and provide education which fits in with the stream of learning already happening across the NHS.

“I am committed to continuing to develop the service and make sure we work together to provide the best care possible for our patients,” he said.

You can contact Simon by calling 01323 819871.

## DGH Physios Offer Specialist Exercise Classes for Ankylosing Spondylitis Patients

The physiotherapy team at Eastbourne DGH runs a support service for local people with ankylosing spondylitis - a painful and debilitating form of inflammatory arthritis which mainly affects the spine.

The condition affects over 200,000 people in the UK, which means that some 250 people in Eastbourne may have the condition.

A key part of the service is the provision of a specialist exercise programme, developed by the National Ankylosing Spondylitis Society.

**Ankylosing spondylitis is an inflammatory condition of the spine which produces pain, stiffness, deformity and disability throughout adult life.**

DGH Physiotherapist Karen Kenyon said: "Our service focuses on helping patients to help themselves. We tell patients that, alongside their medication, exercise is the single most important thing they can do to help themselves as the fitter and more flexible they are, the better they can deal with stiffness and pain.

"But lots of patients are unsure of what they can do and are scared exercise might make things worse, so we have developed a bespoke exercise programme for people with ankylosing spondylitis. The exercises can be done at home without any need for specialist equipment.

"For those who need extra motivation, we offer two weekly self-help exercise groups at the hospital – one in the gym and the other in the hydrotherapy pool. The groups are run by a physiotherapist with a special interest in ankylosing spondylitis so patients can discuss any problems at the same time. The classes are also an opportunity to socialise with others who have the same condition."

**Some 200,000 people in the UK have ankylosing spondylitis. That represents twice the number of people in the UK who have Parkinson's disease or Multiple Sclerosis.**



Ankylosing spondylitis patient Jeff King (pictured above right), a 44-year-old bus driver from Eastbourne, was diagnosed in 2011. He has been attending the gym class every week for the last five years.

He said: "I've had problems with my joints since I was a teenager, particularly in my back and my hands, so it was a relief to find out the cause and to learn how to manage the symptoms. As well as taking medication, I make sure that I exercise regularly as I find that I am much worse if I don't. Even if it's difficult I swim or go to the gym every day - you can't let the condition get on top of you.

"The ankylosing spondylitis team at the DGH is fantastic. If I have a flare up or need some advice, they are always available. The National Ankylosing Spondylitis Society (NASS) offers great support too; for example they have helped me to liaise with my employers when I've been unable to work."

Patients initially access the ankylosing spondylitis service with a referral from their GP to Sussex MSK Partnership East. Some patients may need to see a rheumatologist first. Once a patient has been assessed by the physiotherapy department they can refer themselves directly to the service at any time for further exercise advice, symptom management or a physical review.

To find out more about the ankylosing spondylitis service at the DGH, please visit [www.nass.co.uk/eastbourne](http://www.nass.co.uk/eastbourne) or contact Karen Kenyon on 01323 414 936

## Free Community Wellbeing Events Launched in High Weald, Lewes and Havens

**Sussex Community NHS Foundation Trust has introduced 'Community Wellbeing Events' which run on a monthly basis across the High Weald, Lewes and Havens areas in East Sussex.**

The events are for local people to find out about support services that are available where they live. These include NHS groups, voluntary services, hobby and interest groups and more.

The aim of the events is to help local people learn how to manage their health and wellbeing.

You will:

- Find out more about local adult NHS community services and voluntary organisations/groups.
- Obtain information on accessing a service.
- Find out what community and specialist nursing teams do.
- Find out about local groups and meet new people.

## Get the latest dates

Monthly events are held in Crowborough, Lewes, Newhaven and Uckfield and some dates are listed below:

- Monday 10th October at The Hillcrest Centre, Bay Vue Road, Newhaven, from 9:30am -1pm
- Tuesday 25th October at Uckfield Community Hospital, from 1:30pm - 4:30pm
- Thursday 27th October at Crowborough War Memorial Hospital Day Centre, from 9:30am – 1pm
- Wednesday 2nd November at Lewes Victoria Hospital, Orchard House, from 12:30pm – 4pm

For people interested in attending, just pop in – there is no need for you to book.

Further information and dates are available at: [www.sussexcommunity.nhs.uk/news](http://www.sussexcommunity.nhs.uk/news)

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