

# Proud to support our **NHS**

**T**hroughout the COVID-19 pandemic we have been proud to support our colleagues in the NHS by providing additional capacity to treat patients awaiting urgent surgery and requiring diagnostic investigations. We expect this important partnership to continue for the remainder of this year and it is a privilege for everyone at One Hatfield Hospital to offer our assistance for as long as it is needed.

Meanwhile, we are extremely pleased to confirm we are recommencing our full range of services for private patients. Our outpatient clinics, sports injury and physiotherapy clinic, and imaging department (for MRI, CT scans, ultrasound and X-ray) are now

open for patients wishing to pay for their own treatment or who have insurance.

Andy Wood, Managing and Hospital Director said "We are extremely proud to be able to support the NHS response to the COVID-19 pandemic and now we are delighted to be welcoming back our private patients to the hospital. Our staff have done a phenomenal job in adapting our processes and patient pathways to keep everyone safe and our hospital COVID-19 free."

## A COVID free hospital

To ensure the continued safety of our patients, and to remain a COVID-19 free hospital, we have introduced a number of changes

to the way in which the hospital functions. Whilst we strive to provide a seamless and high quality service please be mindful of the unique circumstances in which we are currently operating and the necessary safety measures we have implemented. Safety measures are under continual review and led by guidance from Public Health England and the National Institute for Care Excellence. Please visit our website for the very latest information on the safety measures we have in place.



## FREE mini consultations

Our FREE 10 minute consultations give you the opportunity to meet with our consultants to find out more about your prospective procedure, assess your suitability and address any concerns without any obligation to go ahead.

OCT	14th	12.00 – 13.30	Cosmetic Surgery	Mr Nigel Carver
	15th	18.00 – 19.00	Knee concerns	Mr Raj Thakrar
	21st	18.00 – 19.00	Foot and Ankle concerns	Mr Simon Mordecai
	28th	18.00 – 19.00	Varicose Veins	Mr Tahir Bhatti
NOV	10th	18.00 – 19.30	Cosmetic Surgery	Mr Foiz Ahmed
	17th	11.00 – 12.00	Shoulder and Elbow concerns	Mr Rajeev Sharma
	19th	18.00 – 19.00	Snoring and Sleep Apnoea	Mr Prasad Kothari
	24th	18.00 – 19.00	Back and Neck concerns	Mr Dimpu Bhagawati
DEC	8th	18.30 – 19.30	Hip and Knee concerns	Mr Tarique Parwez
	9th	18.00 – 19.30	Cosmetic Surgery	Mr Miles Dickson

To register and to sign up for alerts when new events are added, please visit our patient event page at [www.onehatfieldhospital.co.uk](http://www.onehatfieldhospital.co.uk)

Following your mini consultation you will usually require a full consultation should you wish to proceed with treatment.

## Why choose One Hatfield Hospital?



One Hatfield Hospital is Hertfordshire's newest purpose-built private hospital. We offer our patients a choice of over 100 consultants across many specialisms, providing access to a wide range of surgical procedures and treatments.

We are on Hatfield Business Park just a short distance from the A1(M) and Hatfield train station (20 minutes by train from King's Cross), ideally located for patients in North London and throughout Hertfordshire.

# Pain management for back and neck pain

It's estimated up to 8 out of 10 people will suffer from back or neck pain at some point in their life. In many cases pain is short lived. In extreme cases surgical intervention may be the best course of action. In most cases however, pain management is the answer.

We have a team of specialist pain management consultants at One Hatfield, offering non-surgical treatments for a wide range of pain conditions, including back and neck pain, that can provide years of relief from ongoing pain. Here are just some of the common treatments for back and neck pain:

**Epidural steroid injections**, also known as cortisone injections, can be used in different areas along the spine to treat pain caused by tissue pressing against the spinal nerves. This injection provides immediate pain relief by reducing inflammation and pressure on the nerve.

**Nerve root blocks**, also a steroid injection, are given to the area where the nerve exits the spinal column.

**Pulsed radiofrequency to nerve root** is a non-steroid technique that delivers electrical pulses to the nerve root to deactivate the nerve and prevent the transmission of pain signals. It comes highly recommended as an alternative to traditional steroid injections as it can provide longer benefit. It has also gained popularity during the COVID pandemic as steroid injections can depress immunity.

**Radiofrequency denervation** treats back and neck pain that originates in the facet joints. Spinal facet joints are paired joints between each vertebrae that allow the back to be flexible. It is very common for them to degenerate and contribute to back pain and can also become painful due to trauma such as whiplash. Lower back facet joints can cause referred pain in the buttocks and upper legs and facet joints in the neck lead to pain in the back of the head, upper back, and shoulders. Radiofrequency denervation works by using heat to deactivate the nerves that supply

the facet joints, preventing these nerves transmitting pain signals to the brain when the joints become inflamed. This treatment provides longer pain relief than steroid facet joint injections and avoids the risks of depressing immunity to COVID. It is now the National Institute for Care Excellence (NICE) approved treatment for lower back pain.

**Sacroiliac Joint Injections** are used to treat lower back pain or sciatica symptoms linked with sacroiliac joint dysfunction. The sacroiliac joints can become inflamed and painful due to arthritis, falling or impact when playing sports, or activities like jogging. This steroid injection goes in to the sacroiliac joint at the bottom of the spine, relieving pain felt in the lower back and buttocks.

**Sacroiliac Radiofrequency** is also available to provide longer benefit.

If you would like to see one of our leading pain management consultants, call us today to make an appointment.

## Specialist gynaecologists

Our team of excellent Consultant gynaecologists can help with:

- General gynaecology
- Endometriosis
- Menopause
- Recurrent miscarriage
- Urinary concerns

Colposcopy is available for further investigation following abnormal cervical screening.



## Let us help you get back on track

Our dedicated, highly experienced physiotherapy and sports injury team can treat sprains, back pain, arthritis, bursitis, posture problems and sport and workplace injuries.

The team have direct access to imaging and a range of specialist consultants should you require treatment beyond physiotherapy.

### Initial appointment

45 minutes    £48

### Follow up appointment

30 minutes    £42

### Sports massage

30 minutes    £30

60 minutes    £50

90 minutes    £60

### Shockwave therapy

Fast and effective non-invasive treatment that works alongside the body's natural healing process.

1 session    £100

3 sessions    £275

**one** Physiotherapy  
& Sports Injury Clinic

# Ask the Consultant – children’s orthopaedic care



**Mr Shobhit Verma,**  
**Consultant Paediatric Trauma and Orthopaedic Surgeon**

Mr Shobhit Verma offers a unique service at One Hatfield Hospital. He is the only orthopaedic consultant in the area who focuses exclusively on paediatrics, offering babies, children and adolescents highly specialised operative and non-operative management of a wide range of routine and complex conditions. He specialises in a variety of bone, joint, tendon and ligament conditions affecting children of all ages.

**You are new to One Hatfield, and we’re delighted to have you on board. Can you tell us how seeing a paediatric orthopaedic consultant is different to seeing an orthopaedic consultant?**

The eyes do not see what the mind does not know. A paediatric orthopaedic consultant has chosen to make the care of children the focus of their medical practice. They undergo extensive training leading to comprehensive experience and skills in the treatment of paediatric orthopaedic conditions. Rather than specialising in one body area, they will be able to treat conditions in the hips, knees, feet and ankles and upper limb. They can recognise

rare presentations and are trained in advanced and minimally invasive techniques, ensuring your child’s treatment is safe, effective and efficient.

## **What are the most common conditions you see in your practice?**

The best part of being a paediatric orthopaedic surgeon is that you see such a variety. I see a lot of sports injuries and fractures and I also treat deformities and skeletal dysplasia. Many conditions are specific to children. Here are some of the most common conditions I treat:

### **Bowlegs and knock-knees**

In routine practice, these are considered normal variants and part of the normal development of a child from 0-9 years. We usually plot the angles at the knee on a graph to see whether they are following a normal pattern. An abnormal pattern might represent an underlying disorder and need correction. The good news is that, if required, correction is possible with minimally invasive surgery.

### **Flat feet**

All children are born with flat feet. The arch development starts at 2 years and goes on to develop over the next 7 years. Flat feet come in two varieties, flexible and rigid. It is important to differentiate between

the two, as flexible flat feet are not symptomatic and rarely require surgery. Rigid flat feet on the other hand are more likely to need intensive treatment and, in rare instances, surgery.

### **In-toeing**

In-toeing can occur due to an inward twisting along various areas of the leg including the hip, thigh, shin, and foot. Although in-toeing usually resolves as the child ages, it is important to determine the bones responsible to differentiate normal from abnormal. The condition is usually asymptomatic but in rare cases may lead to frequent falls, knee pain and kneecap dislocations and surgical correction may be required.

### **How can I find out more?**

Mr Verma has regular clinics at One Hatfield Hospital. He will conduct a thorough investigation into your child’s condition and recommend a treatment plan.

If you are paying for your own treatment or have insurance you do not need a GP referral, you can just call to make an appointment.

At One Hatfield Hospital we have a dedicated Children and Young Persons Unit led by highly-experienced consultant paediatricians, covering all aspects of paediatric care.

## Considering cosmetic surgery?

**One Hatfield Hospital offers a wide range of cosmetic treatments including (but not limited to):**

- Breast surgeries
- Rhinoplasty (nose job)
- Abdominoplasty (tummy tuck)
- Blepharoplasty (eye bag removal)
- Facelift

Why not pop along to one of our **FREE** mini consultations (see front page) to find out more about your procedure?



## Fast access to scans

One Hatfield Hospital is fully equipped with the latest imaging equipment including digital X-ray, MRI, CT scanner and ultrasound.

### **Why One Hatfield Hospital?**

- Relaxed, calming and comfortable environment
- Fast access and convenient appointment times
- Images reported by specialist consultant radiologists
- Rapid results, usually within 48 hours

<b>MRI</b>	<b>from £405</b>
<b>Ultrasound</b>	<b>from £245</b>
<b>X-ray</b>	<b>from £125</b>
<b>CT scanning</b>	<b>from £495</b>



# Our services

- Audiology
- Cardiology
- Care of the elderly
- Colorectal surgery
- Cosmetic surgery
- Dermatology
- Diagnostics
- Ear, nose and throat
- Endocrinology (diabetes, thyroid, hormone imbalance, osteoporosis)
- Endoscopy
- Gastroenterology
- General surgery
- Gynaecology
- Neurology
- Neurophysiology
- Orthopaedics
- Oral and maxillofacial
- Paediatrics
- Pain management
- Private GP services
- Physiotherapy
- Psychiatry
- Renal services
- Rheumatology
- Spinal surgery
- Urology
- Vascular surgery

# How to access One Hatfield Hospital

## Paying for your treatment

At One Hatfield Hospital we offer fixed price packages, fully inclusive of hospital and consultant fees, leaving you with the reassurance of no hidden cost or additional bills following your procedure.

Please find below guide prices for some of our most common procedures that patients choose to pay for themselves. You'll find more prices on our website.

Total knee replacement .....	£12,000
Total hip replacement .....	£11,500
Knee osteotomy .....	£8,500
Gall bladder removal .....	£5,500
Hernia repair .....	£2,500
Dupuytren's fasciectomy .....	£2,500
Carpal tunnel release .....	£2,200
Excision of ganglion .....	£2,000
Colonoscopy .....	£1,900

\*Subject to status. Terms and conditions apply. Applicants must be over 21 years of age and must have lived in the UK for at least 3 years.

Spreading the cost of treatment over 12 months is easy with our 0% interest free finance offer, and you can spread the cost further with low-interest finance options\*.

For further details, contact our self-pay department on 01707 818 386 or email [hatfield.selfpay@onehealthcare.co.uk](mailto:hatfield.selfpay@onehealthcare.co.uk)

## Private medical insurance

We welcome patients with private medical insurance. Just contact your provider to check you are covered for the treatment you need. You may need to ask your GP to refer you to One Hatfield Hospital.

## NHS referrals

We take NHS referrals for orthopaedic hand, hip, knee, shoulder and spine conditions. You can choose where to receive your NHS treatment so you just need to ask your GP for a referral to One Hatfield Hospital.

## See a GP at a time that suits you

Our team of private GPs are on hand throughout the week, including evenings and Saturdays, offering face-to-face appointment times to suit you.

- Easy access to our specialist consultants
- General medical checks
- Referrals for further investigations if needed
- Private prescriptions
- Sexual health
- Blood tests

£90 for a 20-minute appointment

"Definitely the best care and treatment I have ever received in any hospital."

## See our leading orthopaedic consultants

One Hatfield Hospital's team of leading orthopaedic consultants specialise in:

- **foot and ankle**
- **hand and wrist**
- **shoulder and elbow**
- **hip and knee**
- **back conditions**
- **pain management**

We are proud to offer:

- Minimal waiting time for an initial appointment
- Brand new, state-of-the-art facilities
- Direct referral to MRI, CT scan, X-ray and ultrasound
- Treatment covered by all major insurance companies
- Self-pay, fixed price packages (finance options available)\*

\*Terms and conditions apply. Subject to availability. Subject to status.

## One Hatfield Hospital

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-  /onehatfieldhospital
-  @onehatfield
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