

Call us 01233 364 374

Kennington Road, Ashford, Kent TN24 0YS

Proud to Support our NHS Colleagues

Throughout 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.

Since March, over 3,000 NHS patients have been treated at One Ashford Hospital with over 1,000 procedures carried out. 400 patients have been seen in Outpatients and over 1,600 seen for Imaging. We aim to continue to support the NHS during 2021 in lowering waiting times for those in need of treatment.

We continue to offer a full Outpatient service, including minor ops procedures for a number of specialties, including, but not limited to:

- Dermatology
- ENT
- Gynaecology
- Orthopaedics
- Paediatrics
- Pain management

Keeping Your Patients Safe During COVID-19

To ensure the continued safety of your patients, and to remain a COVID-secure hospital, we have introduced a number of changes to the way in which the hospital functions.

Our safety measures are under continual review and we are led by guidance from Public Health England and the National Institute for Health and Care Excellence.

Why Refer to One Ashford Hospital?



- Peace of mind that your patient is receiving treatment in a COVID-secure hospital.
- Your patient can usually be seen by a Consultant within 48 hours *
- Minimal waiting times for surgery**

*Dependent on Consultant availability

**In line with current government guidelines, patients must self-isolate for 14 days prior to surgery, with Covid tests carried out 72 hours before.

Cleanliness

We have increased our cleaning routines and removed some 'high touch point' equipment such as leaflet holders and water dispensers.



Social Distancing

We have added new signage, indicating where to sit, stand or walk while social distancing from others, as well as screens to provide a safety barrier between patients and colleagues.



COVID-19 Testing

For surgical patients, our COVID-19 testing takes place in line with the latest government guidelines. Our teams will contact your patient to book a time to have their test. We have a strict process for admissions at the hospital too. Patients are required to self-isolate for 14 days prior to their procedure (this is in line with current NHSE guidelines). They will receive their COVID test 72 hours prior to coming in for surgery, of which they are required to continue to self-isolate up until their admission. They will be given comprehensive guidance on how and when to isolate once their surgery is booked.



Personal Protective Equipment (PPE)

To help ensure the hospital remains COVID secure, patients are required to wear a face covering when visiting us. Staff and Consultants are required to use the correct PPE according to government guidelines.



Those Requiring Assistance

If a patient relies on assistance in order to move safely, one person may accompany them to the hospital. Our friendly colleagues will be on hand to help them from Reception onwards.



No Visitors

Unfortunately, we are unable to accept any visitors to our inpatient wards at present, as we need to limit the number of people in the hospital to ensure social distancing. We understand that this will be difficult for many patients, but they can be assured that our colleagues will be doing all they can to make their stay with us as comfortable and relaxed as possible.



Managing Urology Cancer services and maintaining a safe service during the COVID-19 Pandemic

The word unprecedented has been used a lot over the last 9 months, but in March, within Urology we had to rapidly re-organise our services. Initially there was little guidance but within weeks BAUS and EAU produced policies however these were geographically dependent upon Covid prevalence.

Early emerging data coming out of Wuhan and a large international trial out of the Birmingham surgical trials unit suggested mortality of up to 20%. Patients undergoing major surgery were certainly at risk if not dealt with within a 'clean' environment.

Urothelial and testicular cancers were regarded as time sensitive therefore most TURBTs and Cystoscopies continued. Most small renal tumours and all prostate cancers were not regarded as urgent and surgery was delayed. Patients with high risk prostate cancer were managed with hormonal therapy until delayed surgery. Our diagnostic pathways were also rapidly changed.



The independent sector was able to open earlier to see patients face to face albeit with very tight infection control practices that still remain. One Ashford has been managing a highly effective COVID strategy and patients are being seen within a safe environment. We are able to run a full service for benign and malignant Urological conditions with safe social distancing and offer full Urological cancer diagnostics safely. Essentially our Urological service is open for business with rapid face-to-face or virtual appointments and rapid diagnostics and treatment.

COVID has been difficult for patients and clinicians alike but we feel we are able to provide a safe service to all our patients.

Our Services

- Audiology
- Cardiology
- Colorectal surgery
- Cosmetic surgery
- Dermatology
- Diagnostics (MRI, X-ray, ultrasound)
- Ear, nose and throat
- Endocrinology (thyroid, diabetes, hormone imbalance, osteoporosis)
- Endoscopy
- Gastroenterology
- General surgery
- Neurology
- Orthopaedics
- Paediatrics
- Pain management
- Physiotherapy and sports massage
- Psychology services
- Renal and urology
- Rheumatology
- Spinal
- Vascular surgery

Mr Ben Eddy

Mr Ben Eddy is a Consultant Urological Surgeon based at One Ashford Hospital.

He holds weekly clinics every Thursday at the hospital for self-pay and insured patients.

Patients will require a GP referral letter if they are using their private medical insurance.

To book a consultation with Mr Eddy, contact the hospital directly on 01233 364 374 or email ashford.info@onehealthcare.co.uk



Inspected and rated

Good



Follow, share and like us at:

 [oneashfordhospital](https://www.facebook.com/oneashfordhospital)

 [oneashford](https://www.instagram.com/oneashford)

 [oneashford](https://twitter.com/oneashford)

Wide Awake Surgery at One Ashford's Hand and Wrist Clinic

Following the advent of the COVID-19 pandemic, the safety of our patients is becoming even more crucial than ever.

Usually, hand and wrist operations are performed under general anaesthetic with the patient asleep, but medical advances have made it possible to operate with the patient awake.

This is done via injections at the top of the arm (regional block) or around the operation site (local infiltration).

Our Hand and Wrist Consultants are able to perform over 90% of operations this way at One Ashford Hospital, and this allows a safe pathway for patients, especially during these difficult times.

The benefits for patients include:

- Avoidance of complications from general anaesthetic
- More rapid recovery from surgery
- Longer duration of post-operative pain control
- Some patients wish to watch part of the surgery!

Our surgeons have use of a specific minor operating theatre designed for routine cases under local anaesthetic.

Common procedures booked in this way include:

- Carpal tunnel decompression
- Trigger finger release
- Hand lump/mass/cyst removal
- Dupuytren's contracture release

Costs are extremely competitive at:

Trigger Finger Release £1,075
Carpal Tunnel Release £1,075

Our Specialist Hand and Wrist Consultants:



Mr Chris James



Mr Andrew Smith

Patients can contact our Reservations team directly on 01233 364 374 or email ashford.info@onehealthcare.co.uk

Dermatology

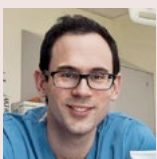
One Ashford Hospital has an excellent reputation for high quality specialist treatment with leading Dermatologists in Kent. We are able to offer a range of procedures for conditions such as:

- Skin cancer (including biopsies and removal)
- Dermatitis
- Eczema
- Removal of moles and skin lesions
- Acne
- Warts
- Psoriasis
- Paediatric dermatology

Our Consultants can see patients with minimal waiting times, usually within 2 weeks of enquiry.

Patients can contact the hospital on 01233 364 374 if they would like to speak to a member of our Reservations team. Alternatively they can email us at ashford.info@onehealthcare.co.uk

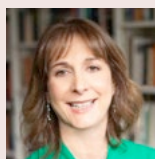
Our Dermatology Consultants:



Dr Andrew Birnie



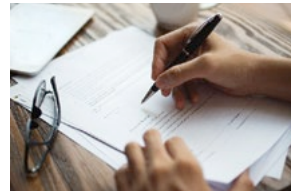
Dr Kurt Ayer



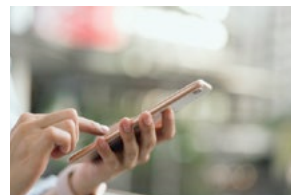
Dr Susannah Baron

How to Refer to One Ashford Hospital

Referring to One Ashford Hospital is a straightforward process, enabling patients to be seen in as little as 48 hours (dependent on Consultant availability) once they have received a referral letter.



GP appointment with follow-up referral letter, sent to either One Ashford or the patient.



If using private health insurance, the patient needs to check if they are covered under their policy.



See a Consultant for assessment and treatment, if required.



Patient referred back to the GP.

Physiotherapy During the COVID-19 Pandemic

One Ashford Physiotherapy and Sports Injury Clinic has continued to treat patients throughout COVID-19 using virtual means where appropriate. Our governing bodies – The HCPC and The Chartered Society of Physiotherapists have instructed the profession to utilise a 'virtual first' approach to patient triage and treatment.

Video appointments are not entirely new to physiotherapy and some practitioners have been offering them as an option for a long time. With a little planning and good communication with the patient, it is possible to manage many musculoskeletal conditions entirely through virtual means, assessing and guiding the patient through their rehabilitation over encrypted channels such as Microsoft Teams, FaceTime and WhatsApp video.

Having our clinic located within One Ashford Hospital, we obviously adhere to high standards of IPC; however, our policy is to conduct all initial appointments virtually, without exception. This allows us to gain a full and accurate history from the patient without the need for them to spend time in



close proximity to our staff. We generally conduct a thorough visual examination, offering treatment advice or if necessary, prescribe exercise therapy, enabling us to begin the patient's rehabilitation programme.

If appropriate, we will invite the patient for a face-to-face follow up appointment, where patients can access the adjunctive range of physiotherapy treatments provided by the team.

This process allows us to keep our patients and staff as safe as

possible during these difficult times, and we are finding many patients, particularly the elderly and vulnerable are choosing to have their course of treatment managed remotely.

One Ashford Hospital accepts self-pay and insured referrals. The clinic is open from 8am – 7pm Monday to Friday with short waiting times for appointments.

You can contact our Physiotherapy team directly on 01233 423 260 or email physiotherapy@onehealthcare.co.uk

Women's Health Physiotherapy

At One Ashford Hospital we offer assessment and management of many complex conditions and disorders across the specialities of Gynaecology, Urology and Colorectal, including:

- Post-natal musculoskeletal problems
- Stress and urge incontinence
- Mixed continence and prolapse
- Post-gynaecological surgery post hysterectomy
- Anterior-posterior vaginal repairs

We provide specialist therapy and care for women, ensuring professionalism and discretion.

Treatments include:

- Bladder retraining
- Education and pelvic floor exercises
- Muscle stimulation & biofeedback
- Individualised strengthening programmes
- Acupuncture

If your patient is seeking treatment for a sensitive or personal issue, our Specialist Women's Health Physiotherapist Sarah Thomas can be accessed through the sports injury and physiotherapy department on 01233 423 260 or by emailing physiotherapy@onehealthcare.co.uk



Consultant Led CPD Training Events

Despite the COVID-19 pandemic, One Ashford Hospital has managed to hold a very successful CPD programme throughout the year. We have received extremely positive feedback on the events we have

held, and we are now finalising Jan – Mar '21 dates.

Events will continue to be held virtually until further notice, although we hope to resume face-to-face events next year, when

it is considered safe to do so. However, we will continue to hold a number of our events virtually as we appreciate that they can sometimes work better with your busy schedules.



The Rheumatology CPD Programme

In 2021 we will be introducing a programme of Rheumatological talks aimed at all Doctors, Trainees and Allied Health Professionals and medical students in East Kent.

This comprehensive rolling syllabus will be organised by Dr Philip Bull, the One Ashford's Education Lead and will include talks from local Rheumatologists and visiting speakers. They will be covering the full spectrum of Rheumatological conditions in detail, including topics such as rheumatoid and psoriatic arthritis, ankylosing spondylitis, polymyalgia, temporal arteritis and vasculitis, osteoporosis, fibromyalgia and hypermobility syndromes, what

to do with a hot joint, 'rare diseases and how not to miss them' as well as many other topics aimed at day-to-day management, particularly in primary care.

This programme will be starting with a talk on Gout by Dr Philip Bull, on Wednesdays 20th January between 7 and 8 pm via Zoom. The session will be interactive and there will be opportunities for questions and case discussions. Thereafter there will be an advertised programme running on the third Wednesday of each month.

<https://rheumatologyandgout.eventbrite.co.uk>



January 2021 CPD schedule

General Surgery: Hiatus Hernia

(1 CPD point)

Saturday 12th Jan

7.00 pm – 8.00 pm

<https://hiatushernia.eventbrite.co.uk>

Orthopaedics: Hips and Knees

(2 CPD points)

Saturday 16th Jan

8.30 am – 10.30 am

<https://hipsandknees.eventbrite.co.uk>

Rheumatology: Gout

(1 CPD point)

Wednesday 20th Jan

7.00 pm – 8.00 pm

<https://rheumatologyandgout.eventbrite.co.uk>

Urology: Urological Infections and Bladder Cancer

(2 CPD points)

Saturday 30th

9.00 am – 11.00 am

<https://urologyconditions.eventbrite.co.uk>

Please keep an eye on our website as we are often adding further events.

Details can be found at:

<https://bit.ly/3o8u7oy>

You can also subscribe to our mailing list to be kept informed of upcoming events at the hospital. Details can be found by following the above link.

One Stop Cardiac MRI Clinic at One Ashford Hospital

One Ashford Hospital offers the latest advancements in Heart Diagnostic Imaging.

Cardiovascular Magnetic Resonance (CMR) imaging of the heart is currently the most accurate and reproducible technique for imaging the heart.

CMR often called 'Cardiac MRI' uses radio waves rather than X-rays and so it is a safe and painless scan that provides unparalleled diagnostic power across the whole spectrum of heart conditions, including coronary heart disease, inherited heart conditions (hypertrophic or dilated cardiomyopathies), inflammation of the heart and pericardium, heart valve disease and heart tumours.

Our Consultant Cardiologist, Dr Steven White says *"CMR is the test I rely on to provide me with the information I need to treat my*

patients effectively, or reassure them their heart is normal – CMR often resolves dilemmas when more basic heart tests are equivocal".

If you have a question regarding Cardiac MRI or availability for your patients, our Imaging department is available over the phone to help where they can.

You can contact them directly on 01233 423 269 or email imaging@onehealthcare.co.uk



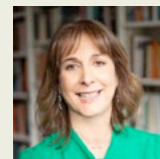
Meet Our New Consultants



Mr Milan Thomas
Consultant Urological Surgeon



Mr Rob Hone
Consultant ENT Surgeon



Dr Susannah Baron
Consultant Dermatologist

Children and Young People Service



One Ashford Hospital offers treatment for a range of childhood conditions and illnesses.

Our multidisciplinary team of Consultants, specialist nurses and support staff are highly experienced, both in the NHS and in private practice.

We see paediatric patients in outpatients from birth and children up to 16 years of age.

Our Paediatrics Consultants focus on the development of children, as well as the diagnosis, prevention and treatment of childhood diseases. We also have a number

of specialist Consultants who see young patients.

The Children and Young People Service offers a range of treatments, including:

- Allergy testing
- Cardiology
- Dermatology
- Hearing tests
- Paediatric blood tests
- Tongue tie

We also treat a range of conditions, including:

- Asthma
- Behavioural concerns
- Breastfeeding problems
- Childhood fevers
- Constipation and diarrhoea
- Seizures



Knee Replacement Surgery with Mr Chan Jeer



As a dedicated knee surgeon, I can say with some confidence that knee replacement is actually a very good operation. 95% of knee replacements are expected to survive after five years, with 80% surviving after twenty years. Patient satisfaction is good at 80 - 85%, and there is no difference between standard off-the-shelf prostheses as opposed to modern-day prostheses, or indeed those implanted by

million dollar robots. However, it is accepted that satisfaction rates are greater with modern-day prostheses, survivorship should be checked against the implant, and ideally, patients should ask their surgeon whether the implant is ten 'A' star rated, to ensure that it has excellent survivorship in excess of ten years.

There is a current trend to preserve and try and engineer cartilage, including the use of 3D printed custom-made biological scaffolds with living cells soaked in growth factors. The technology here however is still emerging. There are a number of stem cell injections into joints that are being offered by surgeons. Again, it is always important to look at the evidence behind these various procedures and understand that such procedures cannot correct meniscal tears or ligamentous instability or mal-alignment of the knee, which are important factors to consider in assessing and managing knees.

The future is exciting with knee surgery. There will be a trend in my opinion in the evolution of cartilage regenerative surgery. In the meantime, our enthusiasm should be tempered by science and safety, and ideally, we may in the future be able to preserve and regenerate knees to the point that joint replacement may become an obsolete procedure. The future is exciting, but at the moment progress is extremely slow with respect to regenerative surgery, and there clearly will be many years of hard scientific and clinical work to develop these procedures further.

Knee replacement surgery is available at One Ashford Hospital with minimal waiting time for surgery. Costs are competitive at just £10,000 with 0% and low interest finance available. A number of patients will be able to access treatment through private health insurance.

Our Reservations team can be contacted on 01233 364 374 to discuss options.

Accessing Treatment at One Ashford Hospital

We welcome patients with private medical insurance and accept all major insurers. We offer our self-pay patients fixed price packages, fully inclusive of hospital and consultant fees.



We offer 0% interest on monthly payments across 12 months, and low interest finance on loans between 12 and 60 months.*

* Terms and conditions apply.

"A huge thank you to the 'One' for working with the NHS to ease the burden whilst we are going through the Covid-19 episode. It is the best all round scenario when private meets state for the benefit of the patients."

Our Private Self-Pay Manager

Sarah Winter, our Private Self-Pay Manager is available throughout a patient's journey at One Ashford Hospital, providing expert advice on:

- Competitive fixed-price packages
- 0% self-pay finance options*
- Consultant information
- A tour of the hospital prior to your stay
- Prompt access to treatment procedures
- Peace of mind and confidence in your choice of hospital



Sarah can be contacted directly on 01233 423 241 or email sarah.winter@onehealthcare.co.uk

*Terms and conditions apply

ENT at One Ashford Hospital

The One Ashford Hospital ENT service provides accurate diagnosis, non-surgical management and surgery for all related ENT medical conditions. Your patients are cared for by a team of highly experienced Consultants, dedicated to their well-being. Our procedures include:

- Ear wax removal
- Tonsillectomy
- Grommet insertion
- Septoplasty
- Thyroidectomy
- Endoscopic sinus surgery



One Ashford Hospital's ENT Consultants:



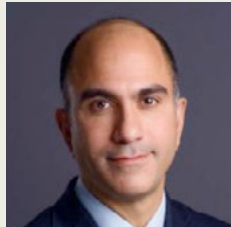
Mr James Fairley



Mr Joseph Wasson



Mr Henry Sharp



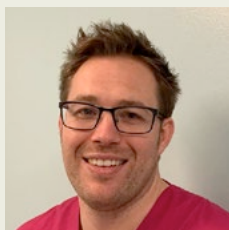
Mr Vikram Dhar



Mr Chris Theokli



Ms Codruta Neumann



Mr Rob Hone



Hearbase is the leading local digital hearing company and have been working in audiology for more than 25 years. They are Kent's largest independent hearing organisation and offer a quality, clinically-based, private hearing aid service at One Ashford Hospital. They use the latest diagnostic techniques, combined with first class care and support.

Patients can arrange a free assessment with a Hearbase Audiologist by emailing admin@hearbase.com or by telephoning 0800 028 6179 to arrange your appointment.

Fast Access to Imaging for Your Patients

One Ashford Hospital is fully equipped with the latest imaging equipment including a digital X-ray, MRI scanner and Ultrasound.

If you have a question about a scan or availability for your patients, our Imaging department is available over the phone to help where they can.

You can contact them directly on 01233 423 269 or email imaging@onehealthcare.co.uk

Our prices are competitive and start from:

MRI	£390
Ultrasound	£210
X-ray	£110

Why Choose One Ashford Hospital?

- Images reported by specialist Consultant Radiologists
- Fast access and convenient appointment times
- Rapid results, usually within 48 hours

