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Hatfield Avenue, Hatfield Business Park, Hatfield AL10 9UA

Proud to support the NHS

We have been proud to work with the NHS during the COVID-19 pandemic, providing time critical surgeries and boosting capacity to treat patients waiting for treatment. We will continue to support our NHS colleagues over

the coming months while the national contract between the NHS and private hospitals remains in place. Being able to help has been an honour and a privilege for all the staff at One Hatfield Hospital.

Ready for private referrals

Meanwhile, we are pleased that we now have some capacity to welcome back our private patients. Our outpatient clinics, physiotherapy and imaging departments are open and we can now accept your referrals for any patients wishing to pay for their own treatment or who have insurance. Insured patients will just need to check their policy will cover them for the treatment they need. To ensure the safety of our patients and staff we are running at reduced capacity but we will usually be able to see and treat your patients quickly.

We look forward to resuming our routine e-referral services for the NHS soon, and inviting back NHS patients who had been referred to us and are waiting for treatment following cancellation of their procedures in March.

Please subscribe to our mailing list via the email address below and we will update you as soon as we are able to accept new NHS referrals.

A COVID-free hospital

One Hatfield Hospital continues to be a COVID-free hospital. To ensure the safety of our patients at all times, we've adapted the way we work and have implemented the following new measures:

- Patients will be asked to enter the hospital no earlier than 10 minutes before their appointment time, in order to reduce the amount of people in the hospital.
- Adults must come into the hospital on their own (any person accompanying a patient should wait outside). Children may be accompanied by one adult.
- Patients will have their temperatures taken upon arrival and asked to complete a COVID symptom form. Anyone with a temperature above 37.8°C or displaying symptoms will be asked to return home and contact NHS 111 for guidance.
- Patients will be given a face mask upon arrival to wear.
- A one way system has been implemented.

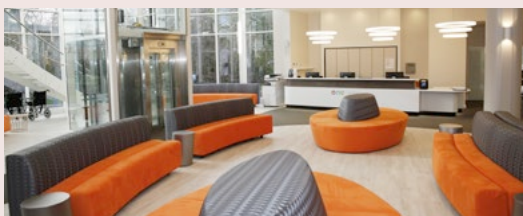
- Hand sanitiser is placed throughout the hospital. Patients will be required to use it upon arrival and when moving around the hospital.
- Safety measures have been put in place to ensure the correct use of PPE by the consultants and staff.
- Our clinic rooms have been reconfigured to try and ensure social distancing during patient consultations. If an examination is required, PPE will be worn.
- Patients will be required to quarantine for 14 days prior to receiving surgical treatment and will be tested for COVID 72 hours before their admission.

Please note, while the government has reduced social distancing to 1m+, to ensure the utmost safety of our patients and staff at all times, we will continue to keep to a social distance of 2m, wherever possible.



Our Services

- Acupuncture
- Audiology
- Bio-mechanical podiatry
- Cardiology
- Care of the elderly
- Colorectal
- Cosmetic and reconstructive surgery
- Dermatology
- Diagnostics (imaging and pathology)
- Ear, nose and throat
- Endocrinology
- Endoscopy
- Gastroenterology
- General surgery
- Gynaecology
- Neurology
- Neurophysiology
- Orthopaedics
- Oral and maxillofacial
- Paediatrics
- Pain management
- Private GP services
- Physiotherapy and sports massage
- Psychiatry
- Renal
- Rheumatology
- Spinal
- Urology
- Vascular



Why One Hatfield?

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.

Connect with us

 /onehatfieldhospital

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 One Healthcare

Hand Arthritis: Myths and Management



Mr Jeremy Read,
Consultant Orthopaedic Surgeon

I've heard that there is nothing you can do for arthritis in the hand, is that true?

No that's not true. There are options for treating arthritis of all of the joints of the hand and wrist. The treatment will depend on which joint is affected and the severity of the symptoms.

For all joints, when symptoms are not too debilitating, injections or splints may be worth trying before considering surgery. Splints may be off the shelf or custom made, and injections can normally be done in the clinic.

We've tried non operative treatments, what are the surgical options?

This is very dependent on the joint affected. With small joints like the DIPJ's the only realistic option is to fuse the joint. This gives good stability and pain relief so function and the appearance is better but at the expense of movement. For larger joints like the PIPJ's and MCPJ's fusion is still an option and for some people is definitely the right thing to do, but other options such as joint replacement or sometimes denervation can give good pain relief and function whilst preserving movement.

OK, but you can't do anything for the thumb can you?

The base of the thumb is one of the more common hand arthritis problems I see and can present at quite a young age. Often it causes pain with gripping then progressing to a more constant

pain, deformity occurs a bit later. For thumb base arthritis there are several options and they will depend on the stage of wear and the activities that the patient wants to do. Fusion is an option but usually reserved only for people doing heavy manual work. In earlier cases a capsular denervation can give pain relief.

When there is moderate wear and the joint below (the scaphotrapeziotrapezoid joint) is preserved, CMC joint replacement is an option and can give good pain relief and function.

When the arthritis is advanced, or involves more than just the CMCJ, a trapeziectomy remains a very good option to give good pain relief and restore function. This involves removing the trapezium and using part of a tendon to reconstruct the ligaments that support the thumb.

The arthritis is very advanced, so it's too late isn't it?

Fortunately in most cases a trapeziectomy can still be performed though some additional procedures may be required.

Mr Read performs trapeziectomy surgery at One Hatfield Hospital.

He also offers one-stop hand procedures to treat carpal tunnel, trigger finger, DeQuirvains and Dupuytren's (percutaneous needle fasciotomy) in his out-patient clinic for self-funding patients.

A flat fee of £1,300 includes an initial consultation, the procedure and follow up.

Meet our new Consultants



Dr Rishi Chandel
Consultant Gastroenterologist



Mr Miles Dickson
Consultant Plastic Surgeon



Dr Aditi Ghei
Consultant in Anaesthesia and Pain Management



Mr Justin Chatterjee
Consultant Plastic, Reconstructive and Hand & Wrist Surgeon



Dr Vijay Kandala
Consultant Paediatrician



Mr Pranay Singh
Consultant ENT Surgeon



Mr Simon Mordecai
Consultant Orthopaedic Surgeon (Foot & Ankle)



Dr Nofil Mulla
Consultant in Pain Management



Mr Nana Osei
Consultant Orthopaedic Surgeon (Spine)



Mr Raj Thakrar
Consultant Orthopaedic Surgeon (Knee & Trauma)



Mr Shobhit Verma
Consultant in Paediatric Orthopaedics/Trauma



Mr Ananth Vijendren
Consultant ENT Surgeon

Our popular CPD educational programme

We were sorry we had to cancel so many of our free consultant-led educational events scheduled for March - June. We are pleased to announce we will be offering virtual training sessions until such time we can all meet in our boardroom again.

Confirmed dates and topics are:

Saturday 18 July, 9am - 12pm

Common hand problems | Knee surgery | Upper limb examination

Saturday 8 August, 9am - 12pm

Ovarian Cysts | Sleep Apnoea | Prostate concerns

We are offering talks in groups of 3 for your convenience, but you don't need to sign up to all 3. You can register just for the talks that are of most interest.

Please visit the GP events pages on our website to see full details. If you would like to hear about future training dates please subscribe to our mailing list via our website or email us at the address below.

Many of our Consultants are happy to deliver talks to GP Practices. Contact us to discuss how we can support your training.

