



Practice  
Plus  
Group

Practice Plus Group Surgical Centre,  
St Mary's Portsmouth

# Ophthalmology referrer handbook



## Service information

At Practice Plus Group Surgical Centre, St Mary's Portsmouth, we are able to treat patients over the age of 18 years for a variety of conditions. We recognise how important it is for patients to be seen as quickly as possible, therefore we provide options for both NHS and private patients. We endeavour to provide quick access to high-quality treatments.

### Our services include:

#### General ophthalmology

- Cataracts (single and bilateral)
- Posterior capsular opacity
- Floaters/Vitreous assessment (non-urgent)
- Blurred or reduced vision (non-urgent)
- Blepharitis and dry eyes

#### Laser treatment

- YAG Laser Capsulotomy

#### Glaucoma

- Glaucoma diagnoses and management
- Narrow angles/Gonioscopy

#### Medical retinal conditions

- Any macular pathology
- Age-related macular degeneration
- Macular haemorrhage
- Dilated retinal assessment (non-urgent)

*All patients with vein occlusions need to be referred by the optometrists to their GP for cardiovascular risk checks as well as being referred to us regardless of whether there is MO or not. We treat DMO patients with central retinal thickness of less than 400um as well as over 400um.*

## Why choose us?



### NHS patients

Free high quality healthcare with short waiting times.

Did you know patients can choose where to have their NHS hospital treatment? Patients that need to see an NHS specialist can choose to access Practice Plus Group as an NHS patient.



### Self-pay patients

Affordable options for funding treatment.

With an option for patients to pay for themselves, Practice Plus Group offers high quality, consultant-delivered care. It is excellent value for money, with no compromise on clinical outcomes.



### Our location

We're committed to bringing care closer to you.

Practice Plus Group  
Surgical Centre, St Mary's  
Portsmouth  
Milton Road  
Portsmouth  
PO3 6DW



99% of patients surveyed recommended Practice Plus Group to their friends and family.



The independent regulator of health and social services, CQC, rated Practice Plus Group Ophthalmology at St Mary's Portsmouth as 'Good'.



Practice Plus Group Surgical Centre, St Mary's Portsmouth has a 100% clean record against hospital-acquired infections.

## How to refer

### GPs and optometrists

We can accept referrals through our dedicated channels below. This includes use of the GOS18 referral form or our fast-track referral form.



#### Email

[practiceplusgrp.stmarys-acos@nhs.net](mailto:practiceplusgrp.stmarys-acos@nhs.net)



#### eRS

- Portsmouth Community Ophthalmology Cataract Clinic  
Practice Plus Group Surgical Centre, Portsmouth Service ID: 7936143
- Portsmouth Community Ophthalmology General Clinic  
Practice Plus Group Surgical Centre, Portsmouth Service ID: 7936344



For more information about referrals, please visit:

[practiceplusgroup.com](http://practiceplusgroup.com)

# Cataract referral information

We offer our services in our purpose built hospitals, with specialist staff, up-to-date equipment and have very high levels of patient satisfaction, with good visual outcomes.

We aim to operate on cataract patients with exceptional care and within one month of referral. Because of this, we are regularly awarded 'Good' and 'Outstanding' CQC reviews.

We are able to operate on most patients with a cataract, as recent NICE guidance recommends not restricting access to cataract surgery based on 'visual acuity', but on how the cataract 'symptoms' affect their lifestyle. As we operate in the community, there are a small number of patients that are best operated on in a general hospital

## These include patients with the following:

Implanted cardiac defibrillator	Inability to lay flat for 30 minutes
Requirement for continuous O2 therapy	Cardiac arrest or stroke in the last six months
Black cataracts	Weight >140 kgs
Nanophthalmos	Phacodonesis

Surgeries that requires general anaesthetic are only available at:

- Practice Plus Group Hospital, Emersons Green
- Practice Plus Group Surgical Centre, Devizes
- Practice Plus Group Hospital, Barlborough

We looking forward to caring for your patient and returning them to your practice for ongoing optometric care and post-operative glasses.

# Self-pay options

Patients looking for more flexibility around their appointments and lens choices can choose Wellsoon private healthcare from Practice Plus Group. Patients can pay for treatment through self-pay, finance, or through their private medical insurance.

## Access to treatment within 6 weeks\*

We deliver an outpatient appointment and treatment within six weeks of first making contact.

## Funding options

We offer patients options to spread the cost of their treatment using interest free and low APR finance options.

## Lens choices

### Monofocal lens

Good for single distance or near vision.

### Eyhance lens

Good for distance vision plus some intermediate vision.

### Extended depth of focus (EDOF)

Ideal for improving distance and intermediate vision (e.g. computer screen vision). They are suitable for eyes with low astigmatism, and patients who prefer not to wear glasses for driving and intermediate computer work.

### Toric distance lens

Gives good distance vision for patients with astigmatism. Can be used with monofocal, multi-focal, eyehance or EDOF lenses to improve both short and long sightedness.

### Multi-focal lenses

To reduce the need for wearing glasses at all distances, especially in good light. These lenses help patients with low astigmatism, giving good vision for distance, intermediate and near sight.



\*Terms and conditions apply. Treatment waiting times may be longer for patients who are not fit for surgery. Costs are uniform nationally, however customers may be required to pay for scans/tests if considered necessary. Practice Plus Group Hospitals Limited trading as Practice Plus Group is an Appointed Representative of Chrysalis Finance Limited, which is authorised and regulated by the Financial Conduct Authority. Practice Plus Group Hospitals Limited is a credit broker, not a lender. Visit [practiceplusgroup.com/wellsoon/t-and-c](https://practiceplusgroup.com/wellsoon/t-and-c).



## Find us

### Address

Practice Plus Group Surgical Centre,  
St Mary's Portsmouth  
Milton Road  
Portsmouth  
PO36DW

### Day surgery opening hours

8am-6pm weekdays for booked appointments.

## Contact us

### Call us

Reception  
**0333 200 1822**

Book a private consultant  
**02394214864**

All calls (inbound and outbound)  
are recorded for quality and training  
purposes.

Notes:



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