

ADVERTORIAL

Nuffield Health patient returns to work after surgery sorts sciatica

Patient talks of 'first class' experience at Nuffield Health Vale Hospital after successful surgery



By **Katrina Morphet**

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Louise Kean with her three grandchildren

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Louise Kean, from Penarth, couldn't believe how quickly her pain and immobility came on when she suddenly suffered from a very bad back 12 months ago.

In her mid 50s, working in a bank, she was devastated when, due to sciatica, she was unable to stand for more than a few minutes and she was struggled to walk.

Private health insurance enabled her back to be fixed quickly so that she could return to her job and caring for her grandchildren.

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From the onset of such excruciating lower back pain, unable to go to work, she immediately went to see her GP who initially referred her for physiotherapy and advised an MRI scan.

After two sessions of physio, Louise returned to her GP as it was not improving and queried the waiting time for MRI scanning.

On the NHS this would take at least a month and as Louise had heard of patients waiting up to 85 weeks for treatment, she arranged a private referral via her corporate health insurance.

From the surgeons offered, Louise chose Mr Iqroop Chopra because of his dual qualification in spinal and neuro surgery.

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It was a huge relief to get an appointment the same day at [Nuffield Health Vale Hospital](#), at Hensol. After his examination, he quickly arranged an MRI scan within a couple of days at the Cardiff Bay Hospital, also part of Nuffield Health.

Consultant spinal neurosurgeon Mr Chopra explained: “Mrs Kean presented with sciatic pain in her leg with subtle weakness in her left foot.

“This was due to compression of her spinal nerve root due to a degenerative facet joint cyst. As her symptoms did not respond to non-operative management, she was offered surgery which involved removing the cyst and most of the degenerate joint to decompress the nerve and further stabilise the spinal segment by putting in pedicle screws. Adequate decompression of spinal nerves using a microscope helps the nerve recover, relieving the sciatic pain quickly and further restoring strength in the affected leg and foot.”



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After two hours of spinal surgery, Louise was out of bed the following day, free of the pre-surgery pain and had four nights at the Vale Hospital, enjoying the comfort and support of all the staff.

Louise said: “Every member of staff at Nuffield Health’s Vale hospital was absolutely first class – all of them – the cleaners, the staff bringing food, nurses and physiotherapists were so nice and kind.

“Mr Chopra really knows his stuff and this got me back to work much more quickly than waiting on the NHS. Without a doubt, I would recommend Mr Chopra and Nuffield’s private hospitals.”

Now back working at the bank, Louise is also enjoying caring for her three grandchildren – tasks she couldn't have contemplated taking on a year ago.

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