



# One Stop eRS Services

Quick Guide for One Stop Healthcare's  
eRS Clinics for NHS GP & AHP Referrals

2026 Edition 1  
Correct as of May 2026

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| Clinic  | Conditions Treated   | Procedures Performed   | Exclusions  | Consultants   |
|---|--|--|---|---|
| <p>• <b>Colorectal Surgery</b></p> <p>Colorectal Surgery - GI &amp; Liver<br/>- One Stop Doctors - AWR01</p>  | <ul style="list-style-type: none"> <li>- Anal fissure</li> <li>- Anal fistula</li> <li>- Haemorrhoids</li> <li>- Ischio-rectal abscess</li> <li>- Pilonidal sinus</li> <li>- Perineal abscess</li> <li>- Perianal warts</li> </ul> | <ul style="list-style-type: none"> <li>- Excision of anal fissure</li> <li>- Excision of pilonidal sinus+/- suture</li> <li>- Haemorrhoidectomy Injection of haemorrhoids</li> <li>- Laying open of low anal fistula</li> <li>- Laying open of pilonidal sinus</li> <li>- Ligation of haemorrhoids</li> <li>- Banding of haemorrhoids</li> <li>- Excision of anal warts</li> </ul> | <p>18+ only.<br/>No BMI over 40.<br/>No ASA 3<br/>(Daycase only Hospital)</p>                                       | <p>Mr Shashank Gurjar (Mo)<br/>Mr Alla Amin (Th)<br/>Mr Partha Das (Th, Sa)<br/>Mr Eriberto Farinella (M)</p> |
| <p>• <b>Gallstones</b></p> <p>Gallstone clinic - GI &amp; Liver<br/>- One Stop Doctors - AWR01</p>  | <ul style="list-style-type: none"> <li>- Cholecystitis Biliary tract blockage (stone)</li> </ul>   | <ul style="list-style-type: none"> <li>- Laparoscopic cholecystectomy</li> </ul>   | <p>18 + only.<br/>No BMI &gt; 40.<br/>Any patient with an ASA score higher than 3 (whether stable or unstable).</p> | <p>Mr Periyathambi Jambulingam (Th)<br/>Mr Farhan Rashid (We)<br/>Mr Sanjeev Sarin (Th)</p>                   |
| <p>• <b>Gastroscopy</b></p> <p>• <b>Colonic Imaging Assessment / Advice</b></p> <p>• <b>Flexible Sigmoidoscopy</b></p> <p>Gastroscopy - Gastroenterology<br/>- One Stop Doctors - AWR01</p> | <ul style="list-style-type: none"> <li>- Diagnosis and treatment of upper gastro intestinal problems</li> </ul>  | <ul style="list-style-type: none"> <li>- Diagnostic fibreoptic endoscopic examination oesophagus,</li> <li>- Diagnostic endoscopic exam of oesophagus using rigid oesophagoscope</li> <li>- Intubation of oesophagus for pressure manometry,</li> <li>- Diagnostic endoscopic exam of duodenum &amp; biopsy of lesion of duodenum</li> </ul>                                       | <p>18 + only.</p>   | <p>Dr James Evans (We)<br/>Dr Arun Rajendran (Sa)<br/>Dr Raj Rameshshanker (Fr)<br/>Dr Ravi Misra (Th)</p>    |
| <p>• <b>Hernias</b></p> <p>• <b>Lumps and Bumps</b></p> <p>Hernia - Surgery - Not otherwise specified<br/>- One Stop Doctors - AWR01</p>  | <ul style="list-style-type: none"> <li>- Abdominal hernia</li> <li>- Femoral hernia</li> <li>- Incisional hernia</li> <li>- Inguinal hernia</li> <li>- Umbilical hernia</li> <li>- Ventral hernia</li> </ul>                       | <ul style="list-style-type: none"> <li>- Repair of abdominal hernia</li> <li>- Repair of femoral hernia (unilateral &amp; bilateral)</li> <li>- Repair of incisional hernia</li> <li>- Repair of inguinal hernia (unilateral &amp; bilateral)</li> <li>- Repair of ventral hernia</li> <li>- Repair umbilical hernia</li> </ul>  | <p>18 + only.<br/>No BMI &gt; 40.<br/>No ASA3 and above.<br/>NO REFERRALS FOR HIATUS HERNIA REPAIR.</p>             | <p>Mr Periyathambi Jambulingam (Th)<br/>Mr Farhan Rashid (We)<br/>Mr Sanjeev Sarin (Th)</p>                   |
| <p>• <b>Varicose Veins</b></p> <p>Adult Vascular - General Surgery<br/>- One Stop Doctors - AWR01</p>   | <ul style="list-style-type: none"> <li>- Varicose Veins</li> <li>- Recurrent Varicose Veins</li> </ul>   | <ul style="list-style-type: none"> <li>- Stripping and ligation of long / short saphenous vein</li> <li>- Radiofrequency Ablation</li> </ul>   | <p>18+ only<br/>No BMI &gt; 40<br/>No ASA 3</p>   | <p>Mr Sanjeev Sarin (Th)<br/>Mr Mustafa Halawa (Fr)<br/>Mr Hamish Hamilton (Th)</p>                           |

One Stop Doctors Ltd (One Medical House)  
Hemel Hempstead  
HP2 7YU

**Location: ONE STOP DOCTORS LTD (ONE MEDICAL HOUSE) (AWR01)**  
Address: One Stop Healthcare, One Medical House, Boundary Way, Hemel Hempstead, HP2 7YU



| Clinic   | Conditions Treated   | Procedures Performed   | Exclusions   | Consultants   |
|--|--|--|--|---|
| <p><b>• Gynaecology</b></p> <p>General Gynaecology Clinic - Gynaecology -<br/>One Stop Doctors - AWR01</p> | <ul style="list-style-type: none"> <li>- Abnormal Smears</li> <li>- Fibroids</li> <li>- Menopause</li> <li>- Menorrhagia Menstrual disorders</li> <li>- Menstrual Disorders</li> <li>- Not Otherwise Specified</li> <li>- Ovarian Cysts</li> <li>- Pelvic floor</li> <li>- Pelvic pain</li> <li>- Peri- menopausal bleeding</li> <li>- Perineal disorders</li> <li>- Post Menopausal Bleeding</li> <li>- Vulval and Perineal Lesions</li> </ul> <p>We do not treat: Obstetrics</p>                                 | <ul style="list-style-type: none"> <li>- Biopsy vulval/cervical area</li> <li>- Cervical cautery</li> <li>- Cervical smear</li> <li>- Dilation &amp; Curretage</li> <li>- Endometrial Biopsy</li> <li>- Endometrial Ablation</li> <li>- Excision of Bartholins Cyst</li> <li>- Excision of lesion of labia</li> <li>- Fentons procedure</li> <li>- High vaginal swabs</li> <li>- Hysteroscopy</li> <li>- Laparoscopy</li> <li>- Loop biopsy</li> <li>- Polypectomy</li> <li>- Pelvic floor repair</li> </ul> <p>We do not perform: IVF, Termination of pregnancies, Cancer surgery</p> | <p>18+ only<br/>No BMI &gt; 40<br/>No ASA 3 Daycase procedures only</p> <p>We do not treat Obstetrics</p> <p>We do not perform:<br/>- IVF,<br/>- Termination of pregnancies,<br/>- Cancer surgery</p>  | <p>Mr Arvind Mittal (Su)<br/>Ms Pushpa Maharajan (Th)<br/>Ms Shahnaz Akbar (Fr)</p> |
| <p><b>• Urology</b></p> <p>Urology clinic - Urology -<br/>One Stop Doctors - AWR01</p>                     | <ul style="list-style-type: none"> <li>- Erectile Dysfunction/Andrology</li> <li>- Haematospermia</li> <li>- Haematuria (not 2WWW)</li> <li>- (In) Continence</li> <li>- Microscopic haematuria</li> <li>- Male urinary symptoms (prostate assessment (BPH), prostatitis, UTI)</li> <li>- Not Otherwise Specified</li> <li>- Painful symptoms (pelvic and perineal pain, scrotal pain)</li> <li>- Peno scrotal problems (phimosis, hydrocele, epididymal cysts, Peyronie's disease)</li> <li>- Prostate</li> </ul> | <ul style="list-style-type: none"> <li>- Excision of epydidimal cysts</li> <li>- Excision of hydrocele</li> <li>- Excision of varicocele</li> <li>- Excision of minor bladder lesions</li> <li>- Flow rates and bladder scans</li> <li>- Foreskin release</li> <li>- Nesbitts procedures</li> <li>- Orchiectomy</li> <li>- Other foreskin conserving procedures including prepucioplasty and frenuloplasty</li> <li>- Penile warts and lesions</li> <li>- Urethral dilatations</li> </ul>  | <p>18+ only<br/>No BMI &gt; 40<br/>No ASA3 Daycase procedures only<br/>No Cancer surgery</p> <p>For Vasectomy referrals in secondary care - please ensure criteria is met.</p> <p>In Hertfordshire, vasectomies are routinely carried out by Community AQP Vasectomy Services.</p> | <p>Mr Anish Pushkaran (Tu)<br/>Mr Sanjeev Taneja (Tu)</p>                           |

| Clinic   | Conditions Treated   | Procedures Performed   | Exclusions   | Consultants  |
|--|--|--|--|--|
| <p><b>• Foot and Ankle</b></p> <p>Adult Foot &amp; Ankle - Trauma &amp; Orthopaedics<br/> - One Stop Doctors - AWR01</p>   | <ul style="list-style-type: none"> <li>- Severe ankle pain</li> <li>- Arthritis of ankle</li> <li>- Joint instability</li> <li>- Ankle and Foot joint problems</li> <li>- Severe foot pain</li> <li>- Mortons metatarsalgia</li> <li>- Hallux valgus</li> <li>- Hammer toes</li> <li>- Forefoot pain</li> <li>- Forefoot joint problems</li> <li>- Forefoot arthritis including MTPJ</li> </ul>  | <ul style="list-style-type: none"> <li>- Division of plantar fascia</li> <li>- Excision of bunion</li> <li>- Excision of ganglion of foot</li> <li>- Excision of heads of multiple lesser metatarsals</li> <li>- Fusion of metatarsophalangeal joint</li> <li>- Division of bone of foot</li> <li>- Amputation of toe</li> <li>- Arthroplasty - Foot ONLY</li> <li>- Separation of tarsal coalition</li> <li>- Soft tissue correction of hallux valgus</li> <li>- Transection of peripheral nerve for neuroma</li> <li>- Division of bone of foot Multiple metatarsal osteotomies</li> </ul> | <p>18 + only.<br/> No BMI &gt; 40.</p> <ul style="list-style-type: none"> <li>- Congenital abnormalities of feet</li> <li>- Correction of congenital deformity of foot</li> <li>- MTPJ Replacement</li> <li>- Patients with co-morbidities which make them unsuitable for treatment in a general surgical Service, or which may pose a significant anaesthetic risk</li> <li>- Patients with unstable psychiatric conditions.</li> </ul> | Mr Yaser Ghani (We)                                    |
| <p><b>• Knee (ACL)</b><br/> <b>• Knee (Soft Tissue Injuries)</b></p> <p>General and Soft Tissue Knee Injuries Clinic<br/> - Orthopaedics<br/> - One Stop Doctors - AWR01</p> | <ul style="list-style-type: none"> <li>- Repair / Reconstruction Anterior Cruciate reconstruction (ACL)</li> </ul>   | <ul style="list-style-type: none"> <li>- Prosthetic replacement of ligament</li> <li>- Prosthetic reinforcement of ligament</li> <li>- Reconstruction of multiple ligaments</li> <li>- Other reconstruction of ligament</li> <li>- Open repair of multiple ligaments</li> <li>- Open repair of intra-articular ligaments</li> </ul>  | <p>18 + only.<br/> No BMI &gt; 40.</p> <ul style="list-style-type: none"> <li>- Revisions and Non-ACL knee issues.</li> <li>- Patients with co-morbidities which make them unsuitable for treatment in a daycase surgical Service, or which may pose a significant anaesthetic risk</li> <li>- Patients with unstable psychiatric conditions</li> </ul>  | Mr Bilal Al-Obaidi (We)<br>Mr Anshul Sobti (Tu, Fr)    |
| <p><b>• Hand and Wrist</b></p> <p>Adult Hand &amp; Wrist<br/> - Orthopaedics<br/> - One Stop Doctors - AWR01</p>   | <ul style="list-style-type: none"> <li>- Carpal tunnel syndrome</li> <li>- Hand Arthritis</li> <li>- De Quervain's tenosynovitis</li> <li>- Nerve entrapments</li> <li>- Removal of ganglia</li> <li>- Dupuytren's contracture</li> <li>- Ligament/tendon repair</li> <li>- Hand joint disease</li> <li>- Pain in wrist</li> </ul> <p>These conditions/procedures may require Prior Approval or Individual Funding Requests to commissioners.</p> <p>Referrers should ensure they have met policy requirements of HWE ICB.</p> | <ul style="list-style-type: none"> <li>- Decompression of median nerve</li> <li>- Endoscopic carpal tunnel release</li> <li>- Re-release of carpal tunnel</li> <li>- Decompression of ulnar nerve at wrist</li> <li>- Arthrodesis of wrist joint</li> <li>- Release of trigger thumb</li> <li>- Wrist excision</li> <li>- Excision of ganglion of wrist</li> <li>- Wrist repair</li> <li>- Arthroplasty of wrist</li> <li>- Procedure on carpal bone</li> </ul>  | <p>18 + only.<br/> No BMI &gt; 40.</p> <ul style="list-style-type: none"> <li>- Patients with co-morbidities which make them unsuitable for treatment in a general surgical Service, or which may pose a significant anaesthetic risk</li> <li>- Patients with unstable psychiatric conditions</li> </ul>  | Mr Nawfal Al-Hadithy (Tu)<br>Mr Prashant Govilkar (Th) |

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| <p><b>• Pain Management</b></p> <p>Pain - Ortho clinic -<br/>           One Stop Doctors - AWR01</p> | <ul style="list-style-type: none"> <li>- Acute back pain</li> <li>- Chronic pain</li> <li>- Musculoskeletal pain</li> <li>- Sciatica Neuropathic pain</li> <li>- Spinal pain</li> <li>- Neck pain lumbar stenosis</li> <li>- Lumbar radiculopathy</li> <li>- Cervical myelopathy</li> <li>- Cervical radiculopathy</li> <li>- Peripheral nerve problems</li> <li>- Neuropathic pain</li> <li>- Chronic back pain</li> <li>- Intractable pain</li> <li>- Lower back pain</li> </ul> | <ul style="list-style-type: none"> <li>- Spinal injections - Epidural, Facet joint injections</li> <li>- Sacroiliac joint injections</li> <li>- Epidural injections</li> <li>- Denervation Trigger point injections</li> <li>- Therapeutic lumbar sacral epidural injection</li> <li>- Therapeutic epidural injection</li> <li>- Facet joint injection</li> <li>- Injection therapeutic substances</li> <li>- Nerve root injection</li> <li>- Steroid injection</li> <li>- Operations on spinal nerve root</li> <li>- Radiofrequency controlled thermal destruction peripheral nerve</li> <br/> <li>- Injection destructive substance into peripheral nerve</li> <li>- Destruction of peripheral nerve</li> <li>- Injection therapeutic substance around peripheral nerve</li> <li>- Cryotherapy to lesion peripheral nerve</li> <li>- Implantation of neurostimulator into peripheral nerve</li> <li>- Operations on peripheral sympathetic nerve</li> <li>- Epidural /nerve root injection for low back pain/ sciatica</li> </ul> | <p>18 + only.</p> <p>We can only accept referrals via MSK treatment centres.</p> <p>- Following initial assessment, patients may be treated using TENS, psychotherapy, injection, medication or acupuncture</p> | <p>Dr Ajoy Pandit (We)<br/>           Dr Aditi Ghei (Th)<br/>           Dr Rafik Sedra (Tu)<br/>           Dr Johann Emmanuel (Fr)<br/>           Dr Sachin Alva (Mo)<br/>           Dr Nofil Mulla (Ad Hoc)<br/>           Dr Attam Singh (Ad Hoc)</p> |

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