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OUTSTANDING PSYCHIATRIC CARE

Nightingale Hospital is a fully private adult psychiatric hospital delivering treatment for all types of mental health conditions, including addictions, and eating disorders. For over 30 years, our expert multidisciplinary team has been delivering outstanding and discreet care in outpatient, day-patient and inpatient settings.

Our location

Nightingale Hospital is located in central London, a two-minute walk from Marylebone rail and underground stations. It has excellent public transport links, enabling ease of travel across the capital and to all London mainline train stations and London airports. The Eurostar

terminal at St Pancras International station is approximately 15 minutes' taxi journey from the hospital.

For families or friends wishing to accompany or visit loved ones receiving inpatient treatment, there are a large number of hotels within close proximity of the hospital.

A specialised clinical team delivering world-class treatment

Nightingale Hospital is home to a robust team consisting of more than 60 consultant psychiatrists, supported by ward doctors, mental health nurses and a highly skilled therapy team.

¹ The range and depth of expertise at Nightingale Hospital ensures that each patient's unique treatment needs are met (PHOTO: NIGHTINGALE HOSPITAL)

Our large therapy services team consists of more than 80 therapists, with a mix of counselling and clinical psychologists and psychotherapists. This team also includes art therapists, family therapists, dieticians and occupational therapists.

This extensive range and depth of expertise enables us to ensure that each patient's unique treatment needs are met.

Conditions we treat

General mental health conditions

Including depression, anxiety, stress, bipolar disorders, obsessive-compulsive disorder, mood disorders, sleep problems, ADHD, trauma, PTSD, psychosis, perinatal mental health, and medically unexplained symptoms.

Addictions Including alcohol addiction, drug addiction (such as

amphetamine, benzodiazepine, cannabis, cocaine, ecstasy, heroin, opiates and addiction to prescription and pain medication), behavioural addictions (including gambling, technology, and internet addiction) and sex and love addiction.

Eating disorders Including anorexia nervosa, bulimia nervosa, bingeing and other specified feeding and eating disorder (OSFED).

Treatment settings

When accessing any type of treatment at Nightingale Hospital, all patients are comprehensively assessed.

This assessment will considers a patient's personal circumstances and support network, as well as their psychiatric need and level of presenting risk.



Through this process, our clinicians can determine which tier of treatment (either **outpatient, day-patient or inpatient**).

In instances of psychiatric emergencies, admissions may be able to take place without an outpatient assessment.

Outpatient appointments

Outpatient appointments can take place face-to-face, or virtually using online platforms.

Inpatient treatment

All inpatients are under the care of a Nightingale Hospital consultant psychiatrist. Inpatient treatment provides intensive 24-hour care and risk monitoring.

This can be essential where a patient poses a serious risk of harm to themselves and/or others. It can also be essential if a

patient has acute disturbances of mood, behaviour or thinking; or requires high-dosage, intensive medication, which may be associated with side-effects.

Following a comprehensive assessment, all inpatients are admitted to a ward based on their diagnosis. The hospital has a female-only general psychiatry ward for patients who require a same-sex inpatient setting.

The hospital is extremely well placed to treat patients with co-morbidities, as well as those with a dual diagnosis, due to the extensive and diverse expertise across our clinician base.

Group therapy

An intensive and flexible group therapy programme is an integral part of inpatient treatment. Group therapy provides the

2 Nightingale Hospital is able to accept international patients from across the world | 3 Group therapy is a key part of inpatient treatment, providing the opportunity for patients to challenge the way they see themselves (PHOTOS: NIGHTINGALE HOSPITAL)



“A thorough psychiatric evaluation will determine the treatment setting that a patient will require”

opportunity for patients to challenge the way they see themselves and allows them to learn new ways of being in the world. The core group therapy programme takes place seven days a week and consists of up to four groups a day. This includes a combination of cognitive behavioural therapy (CBT), interpersonal therapy (IPT), expressive therapies, skills workshops, wellness sessions and psycho-educational groups.

Day patient treatment

Patients may ‘step down’ from inpatient treatment to our day therapy programme. This process provides support in managing the transition from fully supported 24-hour hospital care, back to a patient’s usual environment, including family life, work or study. Continuity is provided by the patient remaining under the care of their consultant psychiatrist.

Treatment-resistant depression services

For some people with depression, taking anti-depressant medication and/or engaging with psychological therapies will help them effectively manage their depressive symptoms. However, for individuals with treatment-resistant depression (TRD), these standard measures are often not effective.

It is thought that up to one-third of people with major depressive disorders will not respond to standard treatment.

At Nightingale Hospital, we offer a choice of highly specialised treatments, all of which have been proven to be effective in the management of TRD. Before receiving any of these treatments, a patient will have to be assessed by a Nightingale Hospital consultant psychiatrist. The purpose of the assessment is to establish what course of treatment is the most appropriate for an individual patient.

Repetitive Transcranial Magnetic Stimulation (rTMS)

The hospital has a Repetitive Transcranial Magnetic Stimulation (rTMS) service for treatment-resistant depression and/or obsessive-compulsive disorder.

Nightingale was the first hospital in the UK, and still is, to use the highly specialised and effective Deep TMS or ‘dTMS’.

This treatment is available to outpatients, day patients and inpatients at Nightingale Hospital.

Electroconvulsive therapy (ECT)

Electroconvulsive therapy is a procedure, administered under general anaesthetic, that emits small currents throughout the brain, intentionally triggering a small seizure. ECT is known to cause changes in brain chemistry that can reverse some mental health conditions, specifically depression.

Spravato (Esketamine nasal spray) treatment

Nightingale Hospital is the first private hospital in the UK to provide Spravato (Esketamine nasal spray) to treat treatment-resistant depression.

The treatment is administered as a prescription nasal spray and taken in conjunction with an oral anti-depressant. The treatment was proven in a clinical study to reduce depressive symptoms in patients in four weeks, that took the nasal spray and an oral anti-depressant, compared to patients who took anti-

* (Popova V, Daly EJ, Trivedi M, Cooper K, Lane R, Lim P, et al. Efficacy and Safety of Flexibly Dosed Esketamine Nasal Spray Combined with a Newly Initiated Oral Antidepressant in Treatment-Resistant Depression: A Randomized Double-Blind Active-Controlled Study. (TRANSFORM-2). The Am Journal of psychiatry. 2019;176(6):428-38)





5

depressants alone.* This treatment is available to outpatients and inpatients.

International patients

Nightingale Hospital welcomes international patients. Our highly experienced Patient Services Team will guide international patients in coordinating treatment as an outpatient or as an inpatient at the hospital.

When an international patient arrives in London for inpatient treatment at Nightingale Hospital, they can be picked up at whichever of London's airports (Heathrow, Gatwick,

Stansted, London City or Luton) they have flown into, and privately transferred by taxi to the hospital.

We will also collect patients from St Pancras International railway station (the Eurostar terminal location), which is approximately 15 minutes' taxi ride from the hospital, or from any London mainline railway station.

Some of the clinical team directly involved in a patient's care may be able to consult in different languages. If required, we are able, at an additional cost, to provide translator services.

4 Outpatient appointments can take place face-to-face, or virtually using online platforms | 5 Nightingale Hospital is located within a beautiful and historic building, dating back to 1902 (PHOTOS: NIGHTINGALE HOSPITAL)



6

“The hospital has a wealth of experience in treating international and VIP patients, including high-profile individuals”

6 Treatment at Nightingale Hospital can be accessed via private medical insurance or can be self-funded | 7 Nightingale Hospital is home to more than 60 consultant psychiatrists (PHOTOS: NIGHTINGALE HOSPITAL)



7

Additional concierge services are available, and these can be discussed and arranged via the Patient Services Team.

VIP patients and private suite packages for self-funding patients

The hospital has a wealth of experience in treating international and VIP patients, including high-profile individuals.

Larger private suites are available at a supplementary cost, for those seeking additional comfort and privacy, or for patients seeking to bring staff with them.

The suites are located on the top floor of the hospital, each of which provides two bedrooms with en-suite bathrooms and a communal waiting area. To ensure maximum privacy and confidentiality, access to the top floor is restricted.

We have strict measures in place to ensure that all patients, celebrity status or not, have their confidentiality protected. High-profile patients can access treatment at Nightingale Hospital using an alias if they wish. In the case of suspected paparazzi, patients can, in order to protect their privacy, access the hospital via a discreet side entrance.

Private suite packages include the following:

- 1:1 therapy sessions tailored to the needs of the individual patient

- Dedicated nurses per patient
- 1:1 time with the hospital’s head chef to discuss patient dietary requirements, and the creation of an individualised menu if desired
- Free meals for patient guests and/or visitors
- External laundering and dry cleaning of clothes can also be arranged for an additional cost

Hospital facilities

Our hospital is located within a beautiful and historic English site, dating back to 1902.

Each patient has their own room with a television, and all rooms are equipped with an ensuite toilet and shower or bath.

The **hospital’s restaurant** is open for breakfast, lunch and dinner daily. It offers an extensive daily menu. Vegetarian and vegan options are available, and any specific dietary or religious requirements can be catered for.

Exercise is an integral part of overall health. Nightingale Hospital offers a **gymnasium** for patient use, for when an individual is not participating in group therapy programmes. A personal trainer employed by the hospital will offer patients an initial assessment, and then tailor an exercise



8

programme for them based on their fitness level and goals. This is a free service.

We have the convenience of an **on-site pharmacy**, located on the ground floor of the hospital. This is led by a team of pharmacists who specialise in mental health medication and which can offer expert advice.

Funding treatment

Outpatient appointments, day therapy, and inpatient treatment at Nightingale

Hospital can accessed via **private medical insurance** or can be **self-funded**.

Nightingale Hospital is accredited by all major private medical health insurers and works with many different medical insurance and medical assistance companies from all over the world.

In addition, the hospital accepts patients funded by embassies, corporate organisations, management companies, and other third parties. ●

8 Each patient has their own room with a television, and all rooms are equipped with an ensuite toilet and shower or bath (PHOTO: NIGHTINGALE HOSPITAL)

For more information on services at Nightingale Hospital, please contact:

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