

# Hampshire Eye Hospital Local Guide





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## Introduction

**As an independent healthcare provider, we are in a privileged position to assist people with the highest standards of medical care as we work together to restore individuals' vision, which in turn can improve much more — lifestyle, confidence, independence, and joy.**

We see this happening every day in our hospitals, and we are incredibly proud to achieve this. We do not take this responsibility lightly.

We constantly review our services and medical outcomes, develop partnerships with the nation's leading consultant ophthalmologists, nursing staff and optometrists, and we support NHS Trusts. Additionally, we invest in the latest technologies and provide training to NHS doctors within Optegra.

In case you are not familiar with Optegra, we were founded in 2007 when Ned Johnson, then chairman of Fidelity, had eye surgery himself which transformed his life and led to his desire for others to share this experience. His dream was for the highest quality eye surgery to be more widely available, affordable and with five-star service. And so Optegra was born.

Since then, we have grown throughout the UK and Europe, becoming a specialist eye hospital group with over 36 hospitals and clinics and are delighted to now be opening brand new clinics across the UK, bringing the highest quality NHS cataract surgery in a timely manner, reducing unnecessary wait.



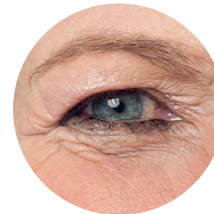
## For better vision, there's no better choice than your local Optegra Hampshire Eye Hospital.

**At Optegra, we believe that everyone deserves to enjoy life with clearer vision. That's why over the past 16 years, our expert team of eye care specialists have successfully treated over a million eyes.**



### Cataract treatments in just 2-4 weeks

Clearer vision, quicker. At Optegra your patients will be seen and treated by one of our highly skilled and experienced surgeons in as little as 2-4 weeks after their referral.



### Premium lenses

To give your patients the best vision possible they will receive the most advanced Johnson & Johnson monofocal lenses.



### Finest patient care

We're committed to taking care of your patients during every step of their treatment. In fact, our nationwide clinics and expert teams now have the highest-rated patient care on Trustpilot.

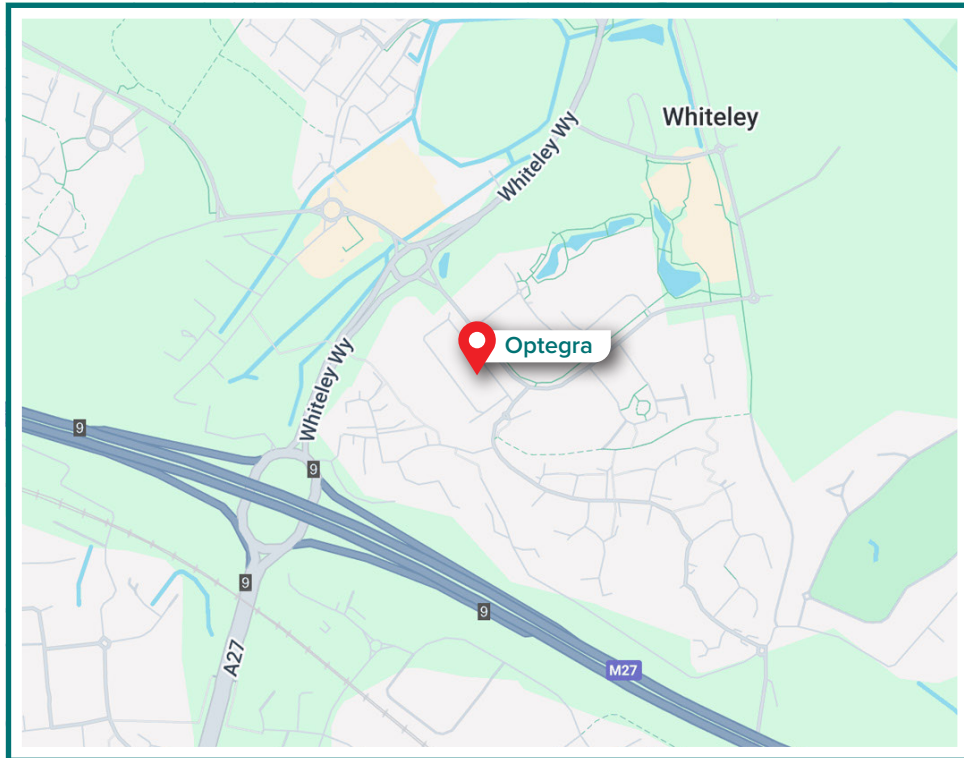


### Best industry-wide results

We're proud to share that we offer the very best patient cataract provider outcomes, achieving over 99% success rate.

## Where to find us

Optegra Hampshire Eye Hospital, located in Whiteley, was established to provide the very best eye care in the UK, and our world class surgeons and state-of-the-art technology keep us at the forefront of eye care and research.



**Optegra Eye Hospital Hampshire**  
Fusion 3, Solent Business Park  
1200 Parkway  
Whiteley, Hampshire  
PO15 7AD

**T: 0800 862 0275**



Scan the QR code to visit the  
Hampshire Eye Hospital page of our website

## Local diagnostic clinic

We have launched our Hampshire Diagnostic Clinic, which is designed to bring our NHS cataract surgery services directly to your local community in Hampshire. Our diagnostic clinics are fully equipped and staffed by our experienced team, ensuring patients receive the same exceptional care as they would at our main hospitals.

### Convenience

Our Hampshire clinic is strategically located to reduce travel time and make it easier for you to get the care you need.

### Consistency

Benefit from the same high standards of care, technology, and expertise available at our Hampshire hospital.

### Community Focus

We are committed to serving our local communities, making cataract treatment more accessible for everyone.

## Diagnostic clinic location

### Havant

Havant Health Centre,  
Located on Ground floor,  
Civic Centre,  
Havant,  
PO9 2AY

## The patient journey via diagnostic clinics:

1. We receive your referral from your Optometrist or GP.
2. A pre-operative assessment is carried out over the phone with you.
3. Diagnostic tests are then carried out in our diagnostic clinic, close to home.
4. Surgery is then performed at our Hampshire Hospital.
5. Post operative assessment takes place with your local optometrist.

## Meet the team



**Dr Alastair Stuart**  
UK Medical Director

Alastair Stuart is the Medical Director in the UK and a skilled cataract and refractive surgeon that operates in Optegra Hampshire and Surrey hospitals. After graduating from Medical School in Nottingham, Alastair completed his Ophthalmology rotations in London, culminating in

his Corneal Fellowship at Moorfields Eye Hospital.

Alastair offers treatment for both private and NHS patients and is one of a handful of surgeons worldwide who has received formal Laser Eye Surgery Training. With extensive experience in both Laser eye surgery and Cataract Surgery, Alastair has completed over 2000 laser eye surgeries, including more than 1000 SMILE procedures, and over 8000 cataract/lens based surgeries.



**Dr Francesco Stringa**  
Consultant Ophthalmic Surgeon

Mr Francesco Stringa is a Consultant Ophthalmologist based in Optegra Eye Hospital Hampshire, specialising in Glaucoma and Cataract surgery. Mr Stringa attained his medical degree at the University of Pavia, Italy in 2011 and completed his core training in Ophthalmology at the

Manchester Royal Eye Hospital in 2016. After his training, he completed a Research Fellowship at the Manchester Vision Regeneration Lab, as well as a further two Glaucoma Fellowships at St Thomas' Hospital London and Nottingham University Hospital. During these fellowships Mr Stringa developed his expertise in glaucoma treatments and surgical procedures.

In recognition of his clinical and research work, Mr Stringa is regularly invited to speak at national and international conferences and meetings on the clinical outcomes of glaucoma surgery. He is actively involved in clinical research and regularly publishes in high impact journals such as the British Journal of Ophthalmology.



**Dr Javier Bardavio**  
Consultant Ophthalmic Surgeon

Mr Francis Xavier (Javier) Bardavio Ara is a Consultant Ophthalmologist that provides services in the independent healthcare industry, mainly at Optegra Eye Hospital Hampshire and Surrey. His main interest is cataract surgery but also glaucoma and refractive cataract surgery.

Mr Bardavio obtained his medical degree from University of Barcelona, Spain in 1992, with his main ophthalmology specialist training completed in the UK in 1999. He became a Fellow of the Royal College of Surgeons of Edinburgh, in 1998.

He returned back to the UK where he has practiced as consultant surgeon at Practice Plus Group at various locations, Optical Express, Newmedica and currently at Optegra. He has performed over 18000 intraocular procedures mainly cataract surgery.

During his time in Barcelona, he completed a Master's degree in Clinical Sciences Research at the University of Barcelona in 2009, followed by another Master's degree in Healthcare Management at the International University of Catalonia in 2012.



**Gemma Briggs**  
Hospital Manager

Gemma Briggs has worked in the optical industry for 22 years. Her career has included roles as an Optical Advisor and various management positions, as well as several years as a Regional Trainer, where she wrote and delivered training to teams across her region.

Gemma joined Optegra in 2023 as Outpatient Lead and, after a successful 18 months in the role, was appointed Hospital Manager at Optegra Eye Hospital Hampshire in July 2024. She is passionate about Optegra's strong focus on patient care, which closely aligns with her personal commitment to ensuring every patient receives the highest level of service and the best possible outcomes.



## Meet the team



**Oliver Bowen-Thomas**  
Area Optom Lead South

Oliver has been with Optegra for over 14 years, overseeing a dedicated team of two full-time colleagues and four bank staff. He works across both NHS and VC pathways, including performing YAG laser procedures.

He has been in the eye care industry since 1993, beginning his career as an Optical Assistant before qualifying as a Dispensing Optician and later as an Optometrist. His experience spans a mix of independent practices and large optical companies. Notably, in the year 2000, he worked for Boots Opticians at the Millennium Dome. He joined Optegra to embrace something different and appreciates the variety that each clinic brings, along with the opportunity to continually grow as a leader.



**Jennifer Archer**  
Account Development Manager

Jennifer Archer is the Accounts Development Manager in the Hampshire region and first joined Optegra in 2023. As a Dispensing Optician for over 25 years, Jennifer has accumulated experience in many aspects of the optical market.

Jennifer decided to join Optegra as the high clinical outcomes and the excellent customer service patients receive aligned with her own personal ambitions to offer the very best care to patients. She says, "My role has allowed me to build some fantastic relationships within the community and I am rewarded every day by the feedback from patients on their life changing experience."



## Referral guide

### NHS Referrals

All healthcare professionals referring NHS patients to Optegra should use the **NHS E-referral** service where possible - just search for 'Optegra', we are on the secondary care menu.

If referring directly, you can send via:

**Email:** [optegra.referrals1@nhs.net](mailto:optegra.referrals1@nhs.net)  
[optegra.urgent@nhs.net](mailto:optegra.urgent@nhs.net)  
[optegra.diagnostic-referrals@nhs.net](mailto:optegra.diagnostic-referrals@nhs.net)

**Call:** 020 7509 4186

If referring via Single Point Of Access please use the **Dora** system.

### Referral Support

If you have any queries, you can now contact our NHS Referral Support Liaison directly.

They will provide a rapid response to your patient pathway queries such as checking patient progress, help with Opera, or NHS referral related support.

The dedicated phoneline is open 9am to 5pm on weekdays. We aim to resolve all queries within 2 hours.

**Cody Hardy**

[NRSL.Optegra@NHS.net](mailto:NRSL.Optegra@NHS.net)  
0748 598 3734



## Exclusion criteria

With patient safety as our absolute priority, we have to stipulate that patients meeting any of the criteria below will not be suitable for treatment at Optegra:

- ✗ Under 18 years old
- ✗ Weight above 39 stone/250kg
- ✗ Unable to lie flat for 30 minutes
- ✗ Unable to transfer independently
- ✗ If they have an implantable defibrillator
- ✗ On home oxygen
- ✗ Anaphylaxis to an unknown cause
- ✗ CKD stage 4 or above or on renal dialysis
- ✗ Organ or stem cell transplant at any time in their life
- ✗ Active cancer treatment- chemotherapy/radiotherapy
- ✗ Sleep Apnea: unable to stay awake for 30 minutes when laid flat
- ✗ If they have had an MI, CVA, PE in the last 3 months - place on hold for 3 months
- ✗ Unstable angina - use their GTN spray once a week, chest pains not relived by GTN spray





# NHS Cataract Patient Journey

At Optegra we work with our AI assistant, Iris to give patients the best experience pre and post treatment. We're confident Iris will give you the right information at the right time to suit you.



## 1. Diagnosis & Referral

After being referred to Optegra by your optometrist, our NHS team will process your referral and contact you within three days for a telephone assessment.



## 2. Pre-assessment & Booking

After being referred to Optegra by your optometrist our AI assistant, Iris, will contact you and complete a quick and simple pre-assessment. Iris will ask a short series of questions to help us better understand your unique eye health.



## 4. Booking Surgery

Following your initial appointment, our NHS team will be in contact to arrange your surgery date at a time that suits you.



## 3. Initial Appointment

Vision and diagnostic tests will be conducted by our healthcare team. An optometrist will then assess your suitability for surgery, answer your questions, and complete the first stage of consent.



## 5. Day of Surgery

Our dedicated team will guide you through some pre-surgery checks and complete second-stage consent. The procedure itself should be pain-free and last around 15 mins. After surgery you will return to the ward and a nurse will explain post-operative care and next steps. Your total visit time will be no more than 2 hours.



## 7. Discharge

Please schedule regular sight tests with your local optometrist to maintain optimal vision.



## 6. Post-Operative Assessment

Your post-op assessment will take place in one of two ways:

- With your community optometrist. We'll send post-op details to your optometrist and the second-eye assessment will be in the community.
- With Iris AI, if available in your area. You will receive a call from Iris within 2 weeks of your treatment completion.







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Contact us at:

**[Optegra.com/nhs](https://www.optegra.com/nhs)**  
**0207 509 4186**

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