



Celebrating Excellence at St Mark's Hospital

We're incredibly proud to share that Uchu Meade has successfully completed the Royal Pharmaceutical Society Consultant Pharmacist Credentialing process, becoming the first Consultant Pharmacist credentialed in this way within London North West Healthcare NHS Trust! This achievement reflects years of commitment, leadership, and collaboration. Uchu's journey included gaining RPS post approval, building the right team structure, and submitting a comprehensive portfolio, culminating in a successful first-attempt pass with outstanding feedback.



Advancing bowel cancer screening in the NHS



The DISCARD study – a collaboration between St Mark's Hospital and NHS England's Optical Diagnosis Implementation Team – has led to a national change in how small polyps are assessed during colonoscopy.

Using an optical diagnosis approach with a “resect and discard” strategy, clinicians can now safely remove tiny polyps without needing lab-based histopathology. This method is more efficient, environmentally friendly, cost-effective, and maintains high standards of patient care.

Led by Dr Ahmir Ahmad and Professor Brian Saunders from St Mark's, this approach is now being adopted across the NHS Bowel Cancer Screening Programme.

A major step forward for patients, the NHS, and sustainable healthcare.

Nigel shares his St Mark's Story



"Since I began my journey at St Mark's, I have been overwhelmed by the support and kindness of the staff that work there. No matter when I attend St Mark's, whether that be for an outpatient appointment or a long term stay, I am always made to feel relaxed and I feel like nothing is too much trouble for the staff that work there.

My journey would not have been the same without the support and resilience of Dr Gabe. Despite there being some challenging times in my illness, he has always provided me with options and talked these through in a calm and thorough

manner, allowing me to feel safe in his hands. I really am grateful for all of his work that he has done/continues to do!

I am also grateful for the work that Mr Warusavitarne has done over the years too. He took on the challenge of operating on me despite having extensive adhesions.

Both of these men are trying to provide me with a better quality of life despite my medical needs. I feel lucky to have these consultants supporting me and my family throughout my ongoing journey!"

In other news...



Thank you to everyone who made the FIRST St Mark's IBD workshop a roaring success! Special thanks to our amazing course organisers Professor Naila Arebi, Dr Alexandros Toskas and Dr Ravi Misra.



Thank you to Daniel Perry, Captain of the Galway Association Golf Society (London), who chose to support St Mark's Hospital Foundation in honour of his mum's battle with Crohn's disease. The day was a roaring success and raised vital funds for pioneering research at the hospital.

How you can help support research at St Mark's, the UK's national bowel hospital



Support St Mark's Hospital Foundation on [easyfundraising](#) this year! Shop online with over 8,000 retailers and raise FREE donations. It's quick, easy, and takes just 2 minutes to sign up. Every contribution makes a BIG impact!

Thank you to our existing 132 supporters who continue to make a difference and raise vital funds for research.



Ready to push your limits and make a difference? We have places available in some of the UK's top challenge events including Tough Mudder, the Leeds Running Festival, the Manchester Half and many more! [Visit our website here for more information and to sign up!](#)

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