Welcome to the Rheumatology Department
Information for patients and carers

The Rheumatology Department sees and treats people who have problems with their bones, muscles and joints

Delivering the best in care

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit www.uhb.nhs.uk/patient-information-leaflets.htm
The Rheumatology Team

Our team of Rheumatology Consultants are:

Dr Paresh Jobanputra (clinical lead)  Dr Elizabeth Rankin
Prof Simon Bowman              Dr Sonia Panchal
Dr Elizabeth Justice           Dr Andrew Filer
Dr Ben Fisher                   Dr Ben Rhodes
Dr Emma Derrett-Smith

Rheumatology Secretaries:
Office manager / Dr Rhodes / 0121 371 6824
Dr Panchal / Dr Derrett-Smith
Dr Jobanputra / Dr Rankin 0121 371 6823
Dr Justice / Dr Fisher 0121 371 6822
Prof Bowman / Dr Filer 0121 371 6825

Other doctors in the team:
Registrars/research fellows.
Core medical trainees (CMTs) work under supervision in clinic.
We are a teaching hospital and will often have medical students attending clinic. Please let the team know if you would like to be seen without the students present.

Rheumatology Specialist Nurses:
Kim Jago  Olga Caprano
Julie Smith  Sonia Hopkins

We run a telephone and email helpline. A message will tell you what times the specialist nurses are available.
Rheumatology telephone helpline: 0121 371 6827
Rheumatology nurses email: rheumatologynurses@uhb.nhs.uk

Nursing Admin  Sam Ayub – 0121 371 6828
Staff Nurse  Becky Nketiah-Boateng
Admin Support Biologics  Emma Dempsey / Julie White
Patient Education  Fiona Maggs
Patient education groups for inflammatory arthritis
These groups are organised for (mainly) new patients so they can find out more about arthritis and how to manage the condition. There are two sessions with health professionals that cover a number of different areas with time for questions and answers.

Rheumatology research
Many of our consultants also run research projects. Some projects aim to understand the causes and mechanisms of arthritis. Others are clinical trials where new treatments are compared with existing ones. Many patients with a newly diagnosed arthritis take part in a large Birmingham study following their arthritis over time. If you would like to know more, contact Jackie Cobb on 0121 371 3209.

Day Unit (East Block, Heritage Building)
Patients requiring drugs given by a drip attend here. It is run by rheumatology nurses Sally Bennett and Marcia Barnett. Telephone: 0121 371 6275.

MyHealth@QEHB
Patients are now able to access their own healthcare information and communicate with others. If you are interested in accessing this service, you should speak to a member of the team and they will provide you with further information about how it is set up.

Other services available:
Physiotherapy – treatment to help with mobility, flexibility and strength. Advice about exercises is available.
Occupational Therapy – can help you gain independence and give you advice on aids, splints and areas of daily living.
Podiatrist – can help you with all aspects of foot care and footwear.
Orthotist – can supply and fit specialist footwear and splints.
Pharmacist – can offer information and advice on drugs as well as dispensing prescriptions.
Dietitian – can help you with your diet and gaining or losing weight.

If you want to know more about any of the services mentioned in this booklet, please ask a member of the team.
Other useful contacts

Arthritis Care
An organisation providing information, advice and practical help with branches around the country.
Web: www.arthritiscare.org.uk
Telephone: 020 7380 6500
Helpline: 0808 800 4050

Arthritis Research UK
Promotes medical research, education and provides helpful patient information.
Web: www.arthritisresearchuk.org
Telephone: 0300 790 0400

National Rheumatoid Arthritis Society (NRAS)
A patient led national charity that aims to provide information, education, support and advocacy.
Web: nras.org.uk
Telephone: 0845 458 3969
Helpline: 0800 298 7650

Lupus UK
Web: www.lupusuk.org.uk
Telephone: 01708 731 251

National Ankylosing Spondylitis Society (NASS)
Provides information, advice and research. Has a network of volunteer branches.
Web: www.nass.co.uk
Helpline: 020 8741 1515

The Psoriasis Association
Web: www.psoriasis-association.org.uk
Telephone: 08456 760 076 (charged at local rate) or 01604 251 620

British Sjogren’s Syndrome Association
Web: www.bssa.uk.net
Telephone: 0121 478 0222
Helpline: 0121 478 1133

Raynaud’s & Scleroderma Association
Web: www.raynauds.org.uk
Telephone: 01270 872776 or 0800 9172494

Benefit Enquiries
Web: gov.uk/browse/benefits

Young people with arthritis
- www.arthritiscare.org.uk/LivingwithArthritis/Youngpeople
  Helpline: 0808 800 4050
- NRAS also supports young people
- www.lupusuk.org.uk/young-people
- psoteen.org.uk

Rheumatology Trust Fund
Donations and legacies are welcome. This fund exists to improve facilities for those with arthritis within UHB.

Rheumatology Patient Group
For any QEHB patient to meet others and find out more about arthritis.
Ask a member of the team for details.