

Young Adult Endocrine Clinic

Queen Elizabeth Hospital Birmingham
Outpatient Area 1 A
Level 0

Other information

A survey in 2018 of over a 100 young adults attending this clinic found that nearly 90% would recommend the clinic to their friends and family and the most commonly used word to describe the staff was “friendly”.

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Endocrinology
Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 371 6940



University Hospitals Birmingham
NHS Foundation Trust

The logo for Queen Elizabeth Hospital Birmingham, featuring three overlapping white circles on a blue background.

**Queen Elizabeth Hospital
Birmingham**
**Young Adult Endocrine
Clinic**

Building healthier lives

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

Introduction

Welcome to the Young Adult Endocrine Clinic.

What is the Young Adult Endocrine Clinic?

This clinic is for older teenagers and young adults (typically between the ages of 16 and 25) with endocrine (hormone) conditions.

You may have received treatment as part of a children's service at another hospital and are now being transferred to the Young Adult Endocrine Clinic in the adult service so that you can continue to receive specialist care. This clinic has been designed to ensure that your transfer from the children's service runs as smoothly as possible and that you are supported throughout this process.

You may also have been referred directly from your GP.

The clinic is run by Dr Helena Gleeson and Dr Andrew Toogood, both consultants in endocrinology, and they are supported by a Clinical Nurse Specialist (CNS).

You may have already met the consultants when you were at the children's hospital.

What will happen during my initial appointment?

Once you have booked in at reception, the nurse will take down some details about you called 'observations'. These include your blood pressure, heart rate, weight and height.

Before you are seen by the doctor, you will be asked to complete a simple holistic needs assessment to help us identify the issues that matter to you the most. You will then be seen by an endocrine doctor. It is your choice whether you go in to see the doctor by yourself or whether you bring your parent or carer or a friend with you. Following that, you will be seen by the clinical nurse specialist who will introduce him/herself to you and provide you with relevant information about the service at this hospital, including details of the support available for you.

The clinical nurse specialist will be able to give you advice about your endocrine condition and about other areas of your life such as education, employment and information on healthy living.

Some useful information leaflets will be given to you to take home. You will also be given the opportunity to access your medical record from home if you wish

to and to have your next appointment by telephone or video.

What next?

If you require any tests, you will be given information about these and when these will be done. The results of your tests will be reviewed by the doctor and you will be sent a copy of the letter with the results of the tests. You will be contacted directly by the doctor or clinical nurse specialist if there's anything specific you need to know.

Details of your follow-up appointment will be sent to you by post so you don't need to book this separately after your consultation.

Contacting us

If you unable to attend an appointment or if you want to contact the service before you come, please contact **0121 371 6940**.

If you have any questions regarding this clinic or your condition, please make a note, and we will try and answer them when you attend the Young Adult Endocrine Clinic.