



**University Hospitals Birmingham**  
NHS Foundation Trust



# Welcome to the Rheumatology Department

Information for patients and carers

**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](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

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

## The Rheumatology Team

### Our team of Rheumatology Consultants are:

Dr Ben Rhodes (clinical lead)

Dr Paresh Jobanputra

Dr Elizabeth Justice

Dr Elizabeth Rankin

Dr Emma Derrett-Smith

Dr Nicole Amft

Dr Alison Sabine

Dr Nehal Narayan

### Rheumatology Secretaries:

Office manager / Dr Rhodes /

0121 371 6824

Dr Jobanputra / Dr Derrett-Smith

Dr Amft

0121 371 6823

Dr Justice / Dr Sabine

0121 371 6822

Dr Rankin / Dr Narayan

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](mailto:rheumatologynurses@uhb.nhs.uk)**

**Nursing Admin**

Sam Ayub – 0121 371 6828

**Staff Nurse**

Becky Nketiah-Boateng

**Admin Support Biologics**

Emma Dempsey / James Ariss

**Patient Education**

Fiona Maggs

## Patient education groups for inflammatory arthritis

These groups are organised for patients so they can find out more about arthritis and how to manage the condition. There are two sessions that cover a number of different areas with time for questions and answers.

### Rheumatology Patient Group

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

### 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. 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.

**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

## Versus Arthritis

Working to develop breakthrough treatments, campaign for arthritis and provide information and support.

Web: [www.versusarthritis.org](http://www.versusarthritis.org)  
Email: [enquiries@versusarthritis.org](mailto:enquiries@versusarthritis.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](http://nras.org.uk)  
Telephone: 0845 458 3969  
Helpline: 0800 298 7650

## Lupus UK

Web: [www.lupusuk.org.uk](http://www.lupusuk.org.uk)  
Telephone: 01708 731 251

## National Ankylosing Spondylitis Society (NASS)

Provides information, advice and research.

Web: [www.nass.co.uk](http://www.nass.co.uk)  
Helpline: 020 8741 1515

## Rheumatology Trust Fund

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

## The Psoriasis Association

Web: [www.psoriasis-association.org.uk](http://www.psoriasis-association.org.uk)  
Telephone: 01604 251 620

## British Sjogren's Syndrome Association

Web: [www.bssa.uk.net](http://www.bssa.uk.net)  
Telephone: 0121 478 0222  
Helpline: 0121 478 1133

## Scleroderma & Raynauds Association

Web: [www.sruk.co.uk](http://www.sruk.co.uk)  
Telephone: 020 3893 5998  
Helpline : 0800 311 2756

## Benefit Enquiries

Web: [gov.uk/browse/benefits](http://gov.uk/browse/benefits)

## Young people with arthritis

- Versus arthritis has a young people section.
- NRAS also supports young people
- [www.lupusuk.org.uk/young-people](http://www.lupusuk.org.uk/young-people)
- [psoteen.org.uk](http://psoteen.org.uk)

## Blood Tests at QEHB

When coming for a blood test it is important that you **check in each time** so that staff can then check the results.

### Appointments are available in clinic Area One:

Monday 8:30am–9:30am    Wednesday 9:00am–12:00pm

Tuesday 8:30am–9:30am    Thursday 8:30am–4:30pm

If you have no blood forms or appointment please get in touch.