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
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

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
Email: 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
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.
Web: www.nass.co.uk
Helpline: 020 8741 1515

The Psoriasis Association
Web: www.psoriasis-association.org.uk
Telephone: 01604 251 620

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

Scleroderma & Raynauds Association
Web: www.sruk.co.uk
Telephone: 020 3893 5998
Helpline : 0800 311 2756

Benefit Enquirys
Web: 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
- psoteen.org.uk

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

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.