Why have we introduced nurse-led clinics?

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
Why have we introduced nurse-led clinics?
We are aware that long waiting times in our clinics can be frustrating. We are committed to reducing the time you spend waiting. Introducing nurse delivered clinics will allow us to reduce waiting times and provide you with a much more pleasant experience when attending our clinics.

What is a nurse delivered clinic?
The nurse delivered clinic is run by a dedicated team of specialist HIV nurses who have undergone specific and comprehensive training in management of HIV. They also receive continuous updates to ensure they can give you the best possible care. The management of patients in these clinics are audited and supported by HIV consultants.

Who is suitable for nurse delivered clinics?
In order to attend a nurse delivered clinic you must demonstrate stable health markers on your blood tests and remain free of physical complaints.
This means that your immune system must be at a good level with:
• a CD4 cell count of above 250cells/mm3 and a viral load of less than 50copies/ml for more than six months for those patients taking HAART,
or:
• CD4 above 500cells/mm3 for those not taking treatment.
If you are taking HAART, you must be signed up to home delivery of medicines to qualify for these clinics.
Your doctor or nurse can advise you whether you fit these criteria.
What can I expect in nurse delivered clinics?

**Greater flexibility**
Appointments on Saturdays and Wednesday evenings for those that struggle to attend in working hours.

**Less waiting**
Less waiting around in the clinic. You will be seen quicker with less disruption to your day.

**Excellent service**
The same level and standard of quality care offered in our doctors’ clinics.
You will continue to be reviewed by a doctor once per year.

When do nurse delivered clinics run?
Tuesdays        1:15pm-3:45pm
Wednesdays     9:00am-11.00am
               3:00pm-7:00pm
Thursdays      9.00am-11.00am
Fridays        9:00am-11:00am
               1:00pm-4:00pm
Saturdays      9:00am-10:30am

Where are nurse delivered clinics held?
They all take place in the same clinic area as your normal appointments.
Other key information

You will continue to be reviewed by a doctor once per year. This is to ensure that all aspects of your health and care are successfully monitored.

If your health markers change or you had a physical complaint whilst attending a nurse-led clinic it may be necessary to refer you back to doctor-led clinics. You will be followed up in nurse delivered clinics once your health markers/complaints improve.

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 4957.

HIV Clinic

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