



Welcome to the Rheumatology Department

Information for patients and carers

The Rheumatology department sees and treats people who have problems with their bones, muscles, joints and the immune system.

The Rheumatology Team

Our team of rheumatology consultants are:

Dr Nicole Amft	Dr Elizabeth Justice	Dr Elizabeth Rankin
Dr Emma Derrett-Smith	Dr Holly Merris	Dr Ben Rhodes
Dr Paresh Jobanputra	Dr Nehal Narayan	Dr Erin Vermaak

Other doctors in the team:

You may see one of the other doctors in the team. They will work with your consultant.

- Specialty Registrars/Research Fellows.
- Internal Medicine Trainees (IMT's) work under supervision in clinic.

We are a teaching hospital and will often have medical students attending clinic. Let us know if you would like to be seen without the students present.

Rheumatology secretaries:

Email is the best way to contact the department.

Email contact: **Rheumatologymedsecqueries@uhb.nhs.uk**

Phone contact:	Dr Amft, Dr Justice	0121 371 6813
	Dr Narayan, Dr Vermaak, Dr Derrett-Smith	0121 371 6823
	Dr Rankin	0121 371 6825
	Dr Jobanputra, Dr Merris,	0121 371 6829
	Dr Rhodes, CNS Hannah Guest	0121 371 6824

Rheumatology specialist nurses:

We have a team of nurses who may see you in clinic or with a telephone appointment.

We run a telephone and email helpline.

Rheumatology nurses' email: **Rheumatologynurses@uhb.nhs.uk**

Rheumatology telephone helpline: 0121 371 6827

The number above is not an emergency helpline and if you are ill or require medical attention you need to contact your GP or local emergency department.

You can leave a message on the telephone helpline which is checked Monday to Friday by a nurse. We recommend you email us including your hospital number and date of birth. We will try to answer your email promptly but often receive a high volume of messages.

You can request a prescription via the email **Rheumatologyprescriptionrequest@uhb.nhs.uk**
Please email your request two weeks before you will run out of medication.

Information for Patients

For blood results and changing nurse appointments

Email: Rheumatologynursesadmin@uhb.nhs.uk

Phone: 0121 371 7922

Admin support for those on biologic treatments

Phone: 0121 371 6829

Blood Tests at QEHB

You can only attend for a blood test if you have an appointment. If you are unable to attend please cancel your blood appointment so someone else can attend. Some GP's have a shared care agreement with us for patients who are stable on long term treatment. They may do your blood tests.

Rheumatology patient groups

These are organised for patients so they can find out more about arthritis, how to manage the condition and the latest research. Patients also help with reviewing information.

Rheumatology research

Our trust supports access to research for patients across specialities. These research studies aim to explore possible causes of the conditions and responses to existing and new trial treatments. We also promote Patient Involvement opportunities to help shape our future research. If you would like to know more or get involved, please contact the Research Team in the Inflammation Research Facility (IRF) on **0121 371 3209**.

Day Unit (East Block, Heritage Building)

Patients requiring drugs given by a drip attend here as a day patient. Tel: **0121 371 8626**.

Access your own healthcare information online - Myhealth@UHB

Myhealth@UHB allows rheumatology patients to see some of their clinical information held by UHB including letters, appointments and some laboratory test results. Ask a member of the team if you would like to set it up.

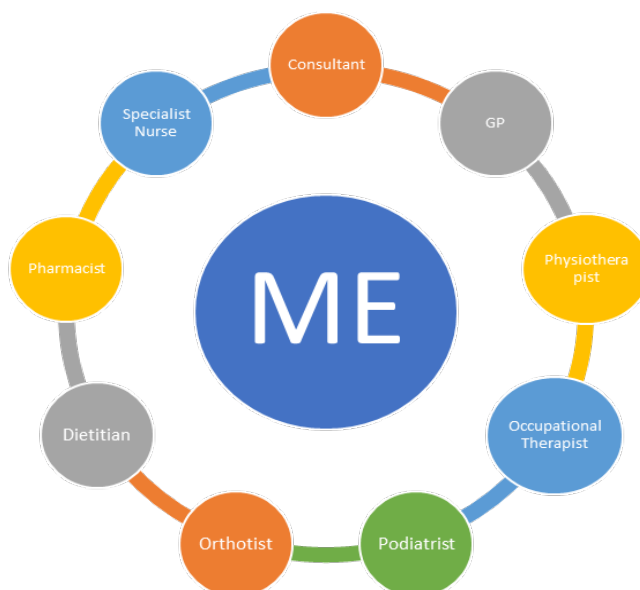
Meet the Rheumatology Team

When you are diagnosed with an inflammatory arthritis there is a team of people ready to support and look after you. You may need to get a referral to see them. If you want to know more about any of the services mentioned, please ask a member of the team.

Consultant Rheumatologist

Is a doctor who specialises in the care of people with inflammatory conditions. They will see you in clinic and diagnose and manage your condition. They can prescribe any treatment you may need.

There are other doctors who are also part of the team who may see you in clinic.



Information for Patients

Rheumatology Specialty Registrar (StR)

Is a qualified doctor who is doing extra training to specialise in rheumatology.

Rheumatology Nurse Specialist (CNS – clinical nurse specialist)

Is an experienced nurse who sees people once you have a diagnosis. They run their own clinics and can start and prescribe some of the medications. They also run a helpline where you can get advice and sort out any difficulties you may be having with your medication or condition.

Physiotherapist

Can see you to help with any problems with mobility, flexibility, strength and give advice about exercises and suitable programmes. You might want help to get back to taking part in sport or other activities that you did before you were diagnosed.

Occupational therapist

Can help with activities at home or work that you might be finding challenging. These might be personal activities, domestic activities or advice on equipment that might help. If you have problems with your hands, they can assess function and give advice, exercises and splints to support or protect joints.

Podiatrist (or Chiropodist)

Specialises in feet and ankles and can help with any problems you may have with the joints in your feet or walking around. They aim to reduce foot related pain and maintain/improve foot function and keep you mobile. If specialist footwear is needed, they will organise this.

Orthotist

The Orthotist will supply and fit specialist footwear and splints. These will be recommended by your doctor or the podiatrist.

Dietitian

Can give you advice and help with your diet. They can help you to maintain a healthy weight by losing or gaining weight. There are often many questions around diet and supplements.

Pharmacist

Your local pharmacist is a good source of information about the drugs that you might decide to take. You can check with them if anything else you take will react with your rheumatology drugs e.g. cold and flu remedies

GP (General Practitioner)

Your GP will be involved in your care along with the hospital. Once your treatment has been started and is stable, your GP may take over the blood tests and prescriptions needed. We call this Shared Care.

Mental health support

Being diagnosed can be a challenging time. If you do need extra support, you may be able to get this through your GP or the charities listed in contacts. You can self-refer to NHS talking therapies or Birmingham healthy minds.

Information for Patients

Other useful contacts

Rheumatology at University Hospital Birmingham

www.uhb.nhs.uk/rheumatology

Versus Arthritis

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

www.versusarthritis.org

Helpline: **0800 5200 520**

National Rheumatoid Arthritis Society (NRAS)

A patient led national charity that aims to provide information, education, support and advocacy.

www.nras.org.uk

Helpline: **0800 298 7650**

Lupus UK

www.lupusuk.org.uk

National Axial Spondyloarthritis Society (NASS)

Provides information, advice and research.

www.nass.co.uk

Helpline: **020 8741 1515**

The Psoriasis Association

www.psoriasis-association.org.uk

British Sjogren's Syndrome Association

www.bssa.uk.net

Helpline: **0121 478 1133**

Scleroderma & Raynaud's Association

www.sruk.co.uk

Helpline: **0800 311 2756**

Benefit Enquiry Line

www.gov.uk/browse/benefits

0345 604 3719

Young people with Arthritis

- **Versus arthritis and NRAS have a young people section**
- www.Arthursplace.co.uk – a magazine and social network for young adults with arthritis
- www.yourrheum.org – A group for 11-24yr olds across the UK with a diagnosed rheumatic condition to advise and shape current adolescent and young adult rheumatology research.
- www.lupusuk.org.uk/lupus-in-young-people - for those with Lupus
- www.psoteen.org.uk – for teens with psoriasis

Rheumatology Trust Fund

Donations should be made to QE charity and marked for Rheumatology. The purpose of donations is to improve facilities, support research projects and support patient and staff welfare.

Website: www.hospitalcharity.org

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk.