



## Transition from Children's to Adult Services

We would like to welcome you to your first visit at the adult Haemophilia Centre at the Queen Elizabeth Hospital Birmingham (QEHB)

### The Team

#### Consultant Haematology Doctors

Dr Percy	Centre Director
Dr Lowe	Co-Centre Director
Dr Lester	Consultant Haematologist
Dr Nicolson	Consultant Haematologist

#### Nursing Team

Helen Hupston	Lead Clinical Nurse Specialist Joint Lead for Transition
Malanie Waththegedara	Joint Lead Clinical Nurse Specialist
Koomaraval Nagapachetty	Clinical Nurse Specialist
Kathleen Pearce	Clinical Nurse Specialist
Maureen Pownall	Staff Nurse
Sidra Kanwal	Staff Nurse

#### Haemophilia Physiotherapist

Christian Rushton	Senior Physiotherapist
-------------------	------------------------

#### Research Team

Stancia Cornwall	Haemophilia Research Nurse
Pam Green	Haemophilia Research Nurse
Renee Harper	Haemophilia Research Nurse
Hayley Ellis	Senior Research Nurse

#### Administration

Camillia Edmead	Secretary
Amy Walford	Secretary
Muzhdah Lalzad	Data Manager

#### Clinics

Bleeding disorders clinics are held on a Tuesday on the haemophilia unit from 09:00 to 12:30.

#### Location

We are on the ground floor within the Cancer Centre, Heritage Building, QEHB. We are open **08:30– 16:30** Monday to Friday, excluding bank holidays.

---

## **Contact**

The haemophilia nurses can be contacted on **0121 371 4995/7**. We have a voicemail facility and aim to return non-urgent queries by the next working day.

You can also email us at [haemophilia@uhb.nhs.uk](mailto:haemophilia@uhb.nhs.uk) if you need to talk to the secretary, Camillia please call **0121 371 4996**. If they are unable to answer your call they will endeavour to return your call by the end of the next working day.

## **What is transition?**

Transition is a process of planning and preparing for you to move from the Birmingham Children's Hospital to us here at the Adult Haemophilia Unit. If you would like to come and meet us at QEHB before your transition appointment then please give the Unit a call and we would be more than happy to arrange this.

When you are over 16 years old, your care will be transferred to QEHB.

Transition is important, as you grow into a young adult, an adult centre is the best place for you to be seen, reviewed and treated. You may be ready to move to the Adult Unit at time of transition and feel that this is the right time for you. Others may find this daunting and not feel ready.

Please be assured that all of us here at the centre are all very helpful and shall try our hardest to make this transition as smooth as possible.

## **What will happen?**

At your first clinic appointment to the adult centre you shall see one of the Haematology doctors followed by a Clinical Nurse Specialist and Physiotherapist.

You can bring someone in to your first clinic review with you as we know this can be a daunting experience, but after that we encourage that you come into your clinic appointment on your own.

Ideally we would like to see people with severe bleeding disorders and those with any concerns on a 6 monthly basis. For those who have a mild bleeding disorder we would like to see you every 12 months.

## **Who can I talk to about transition?**

If you would like to talk to one of the nurses about your transition please feel free to call the centre and we can discuss any queries and concerns you may have.

## **How will the adult service be different?**

As we have mentioned on your first clinic appointment you are more than welcome to take in a friend or relative to see the doctor, after this we will encourage you to go in to your appointment on your own. We do this so that you take ownership of your own condition. We want you to be involved and keep yourself well.

We encourage you to ask questions and make sure that you are happy with the care you receive.

It may be useful if you bring a list of questions with you to your appointment. One of the team can go through them with you.

## What will your responsibilities be?

If you have home treatment then it is important that you order your treatment whether this is from a home delivery provider or from the nurses at the centre to collect from Pharmacy. You shall also need to call us to order any ancillaries, such as sharps bins, needles etc. which you can collect from us if you do not have your treatment delivered to your home. Try to take responsibility to know what medication you are on and what your diagnosis is.

If you need to change your clinic appointment again we ask that you phone and speak to one of our friendly secretaries who will be more than happy to help.

If you have any problems or concerns out of the unit's opening hours please contact the on call Haematology registrar on 0121 371 2000 who may ask you to attend Acute Oncology Unit (AOU) on Level 6, QEHB. The aim of this is to speed up the time taken for you to be seen.

If you are moving away from home you should let us know and we shall send your details to the nearest haemophilia department at your new home. We can let them know your diagnosis and what treatment you are on. You could attend their department to meet them; it's nice to have a familiar face should you need help. Make sure you also tell your GP and get registered at a new practice.

Thank you taking the time to read this and we look forward to meeting you.

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

## Accessibility

To view this information in a different language or use the text-to-speech reader visit [www.uhb.nhs.uk](http://www.uhb.nhs.uk), click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille or audio please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).



## How did we do?

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. Thank you! [www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)

