



Who will be in clinic?

The Doctors in clinic will include 1 -2 consultants as well as a specialist registrar working with them. These are doctors training to become rheumatologists. They will usually discuss your case with a consultant before making a final decision with you.

The Occupational therapist will help you become more independent, discuss things like school, careers, even driving with you and teach things like relaxation and confidence building!

The Physiotherapist can help discuss interesting and enjoyable ways of keeping fit and healthy – even if you have arthritis!

The Nurse specialist can help discuss anything else! – like learning to look after your own medicines, about blood tests etc

Members of the adolescent team can support you with your preparation and transfer to adult services.

Where is the clinic?

It is held in Parsons House in rooms 1-3. While you are waiting, check out the bookshelf - you will find magazines as well as some useful information regarding your health and leaflets about the rest of your life such as careers.

Can I contact the Rheumatology Team myself?

Yes – most definitely. We actively encourage young people to contact the team themselves rather than depend on their parents to do so. Some young people prefer to email their queries – discuss with the team members how you want to be contacted and how you want to contact us!

Important Information

BCH is a teaching hospital and occasionally there are medical or nursing students in clinic. You will always be asked if you mind them sitting in the consultation. If you would rather they didn't please do not hesitate to say so.

Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact PALS (Patient Advice and Liaison Service) on (0121) 333 8403/8611.



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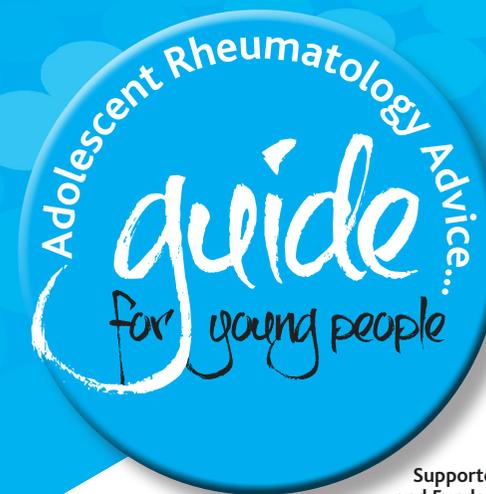
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Adolescent Rheumatology Clinic



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Do I have to go in and see the doctor on my own on my first visit?

No, you don't, but it is important to know you can whenever you want, whatever your age. Remember this is a gradual process. At the first visit the doctor will probably ask you some questions. They may ask about your medicines, your school, what you want to do when you leave school or generally how you are. You may be given something to do/think about, before the next visit e.g. know what medicines you are taking or think up some questions for the next visit. By doing this you and your parents/ carers will gradually develop confidence in your ability to take charge of your own healthcare.

Will my parents/carers still be able to see the doctor if I go in on my own?

Yes. Sometimes they can find it difficult waiting outside for you, but they will still have the opportunity to see the doctor if they want to, usually at the end of your visit.

What if I want to ask the doctor something I don't want my parents to know about?

That's Okay. Whatever you say to the doctor is strictly confidential and will not be passed on to your parents or carers without your permission. The exceptions to this are – if you and/or other people are at risk of serious harm. If this is the case, the health professional will then discuss with you who will be told, why they need to be told and how. As we work as a team in adolescent rheumatology, it may be necessary for individual staff to discuss your issues with other team members. If you do not wish information to be shared, you will need to let the professional know.

Is there anything I need to bring with me?

Yes! If you prefer, please bring a T shirt and pair of shorts or loose -fitting trousers to be examined in. Write down any questions you want to ask in clinic (it is easy to forget them!) as well as a list of your medicines. Finally please bring a morning urine specimen with you – this is usually to make sure your medicines aren't affecting your kidneys. When you arrive your weight, height and blood pressure will be measured. You will also be asked to complete a simple health assessment questionnaire to see how much your condition is affecting your day-to day life.

Can I ask to see a particular doctor if I want?

Certainly. Sometimes seeing the same doctor helps make you feel more confident especially if you have started to come in on your own. Sometimes this may mean you have to wait a bit longer – so bring something to do while you are waiting!!

The Adolescent Rheumatology Clinic

The purpose of the adolescent clinic is to give you the skills you need to feel confident in taking charge of your own healthcare. For example, when you feel ready you will be encouraged to see the doctor and/or other members of the team on your own for all or part of the visit. You will also be encouraged to begin to look after your own medication and become more involved in decision-making about your treatment.

Why Bother?

Research has shown that when young people and their carers first make the transfer from paediatric to adult healthcare services, they can feel nervous about the change. But when they are well prepared for this move, by developing their transition skills they find it easier to cope in the new situation. The clinic is also a safe place to start practising talking to professionals on your own – skills (and confidence!) useful for future jobs and careers.



At any given time 1 in 1000 children will also suffer from Arthritis

1 in 3 people in Birmingham suffer from Arthritis or inflammatory conditions.

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