

Autumn/Winter Newsletter 2013

Rheumatology Patient and Public News Letter



New Information Booklet- from the National Rheumatoid Arthritis Society

This new book launched in April 2013 tackles emotions, relationships and sexuality, and how these very personal and intimate issues are affected by being diagnosed with and living with rheumatoid arthritis.

You can download this booklet from the NRAS Website - www.nras.org.uk

or

write to NRAS, Unit B4, Westacott Business Centre Westacott Way, Littlewick Green, Maidenhead Berkshire, SL6 3RT

Are you a Dad or Mum- living with arthritis yourself!

Would you benefit from meeting and talking to others Dads and Mums

Then our "DaM it Arthritis" meeting are just what the doctor ordered, you will have the opportunity to discuss issues that important to you whilst living with arthritis and being a busy parent. The meeting are informal with presentation/ talks on subjects you would like, with opportunity for you to talk with others in a similar situation to you.

For more information about future events, please contact Natasha Cooke email rheumatology.conferences@porthosp.nhs.uk or telephone 0239228 6000 ext. 1495.

Department of Rheumatology DaM it Arthritis Support group for Dads and Mums- living with Arthritis and Connective Tissue Diseases and bringing up a family. First open Meeting Wednesday 7th August 2013 1:00pm-3:00pm. 1:15pm - "What is it like to be a parent living with arthritis bringing up a family" 2:00pm - Water class please bring swim wear for you and your child! 2:45pm - Refreshments and fish.

Have any of our staff gone the Extra Mile?

Members of the Portsmouth and District National Osteoporosis (NOS) support group have volunteers from the committee that visit the MSK Wards and Outpatient Departments, collecting patient feedback so we know what we are doing well and what we could be doing better.

Rheumatology Winners

April 2013 Mrs Sue Connett Associate Rheumatology Practitioner.

July 2013 Mrs Veronica Traverse- Secretary to Dr Shaban and Dr Hull



Getting to grip with RA

Saturday 5th October 2013

Our next meeting will look at how the hand is effected by Rheumatoid Arthritis

10:00-12:00

Fracture Clinic, Queen Alexandra Hospital, Cosham, PO6 3LY

Please register your place with Valerie.robins@porthosp.nhs.uk or telephone 02392286000 ext 1495

1495



MSK Patient Experience Group-

We are always looking for new patients and members of public to join our Patient Experience Team. We usually visit wards and outpatient department and then discuss themes raised.

Meetings 1st Monday of the month

1:00-3:00pm- meet in the Rheumatology Department

All welcome to come along.

Please contact Colin Beevor 0239228 6000 ext. 1495 if you would like to know more



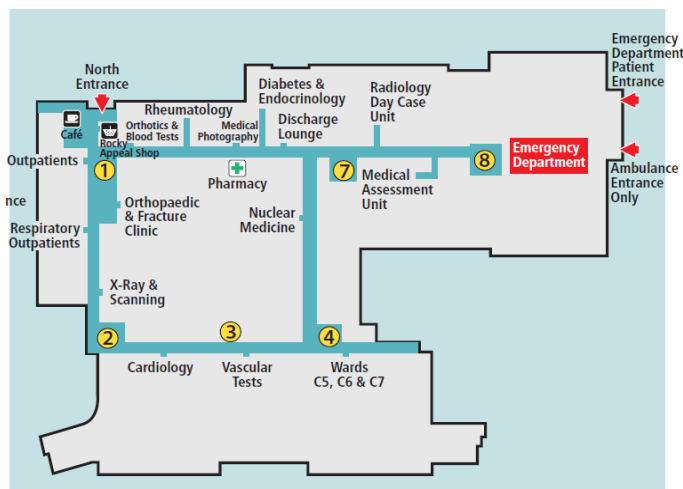
Portsmouth Hospitals NHS Trust- Saturday 5th October 2013

Following the fantastic success of previous trust open days at Queen Alexandra Hospital last year, we are pleased to announce the programme of talks taking place throughout the day.

We are pleased to hear that number of our charity and patient support groups will also be supporting the event with a range of information stands and activities will be on show throughout the day.

What's going on!

Please note the programme may change a short notice due to unforeseen circumstances



Fracture Clinic- C Level Main Waiting area	Fracture Clinic- C Level Plaster Room waiting Area	Seminar Room C Level near lift area 1
<p>Getting to Grips with Rheumatoid Arthritis 10:30- How is the hand effected in Rheumatoid Arthritis 11:00- Hand Function- role of the Occupational Therapist 11:30- When is Hand Surgery appropriate?</p> <p>13:00 – Individual Personal Care Plans</p> <p>13:45- Questions and Answers</p>	<p>Osteoporosis- Circle of Information 10:30- Osteoporosis-overview 11:00- Tests and Investigations for Osteoporosis 11:30- Healthy Eating and Bone Health 12:00- Individual Personal Care Plans 13:00 Meet the Portsmouth and District NOS Group 13:45 Keeping Active and Exercise and Osteoporosis</p>	<p>Ankylosing Spondylitis 10:30- Update 11:00- Individual Personal Care Plans 11:45- Meet the Portsmouth NAS Group</p> <p>Psoriatic Arthritis- 13:00-Enhancing care for people living with Psoriatic Arthritis- the way forward</p>



Department of Rheumatology Portsmouth Hospitals NHS Trust-Open Day Saturday 5th October 2013

Portsmouth Hospitals
NHS Trust

The Department of Rheumatology will be hosting a "Connective Tissue Diseases Drop in Event" from 10:00-15:00hrs in the Rheumatology Outpatients, C Level, Queen Alexandra Hospital, Cosham, PO6 3LY

This is an opportunity to talk informally to members of Portsmouth Hospitals NHS Trust Rheumatology Team, and local support organisations all working to improve the lives of people living with Connective Tissue Diseases.

Throughout the event there will be information about Connective Tissue Diseases as well as a number of information stands and you will have the opportunity to ask any questions you might have with the Rheumatology Nurse Specialist with an interest in Connective Tissue Disease

We hope that you will be able to walk away with some great ideas about how you can continue to live a healthy life with Connective Tissue Diseases .

For more information- please contact-
Julie Ingall or Paula White via the Rheumatology advice and information line on 023 92286935
voicemail

The connective tissue diseases are a group of conditions characterised by multi-organ inflammation and autoimmunity. They are generally considered to be uncommon, but are lifelong conditions with significant impact on a person's health and daily life. They may require immediate access to specialist services. Symptoms vary depending on the disease, but many share the common symptoms of joint aches and pains, fatigue, muscle pain and weakness, rashes, skin changes and inflammatory changes in different organ systems.

10:30-11:15 Sjogrens syndrome
11:15-12:00 Lupus
12:00-12:45 Behcets syndrome
and Myositis
12:45-13:30 Vasculitis, GCA and Wegener's
13:30-14:15 Scleroderma



VASCULITIS UK

Rheumatology Department

Proud to make a difference

- F** Find time to make an appointment to receive your flu vaccination
- L** Let your Rheumatology Nurses know if you are having problems accessing flu vaccinations. **Tel: 023 9228 6935**
- U** Understand why flu vaccination is important to you and your health!



For Patients attending Rheumatology Clinics and Day Case Suite, it is important that you receive the Flu Vaccination if you are taking:-

Steroids

- Prednisolone

DMARDS

- Azathioprine
- Cyclophosphamide
- Cyclosporine
- Gold
- Leflunomide
- Methotrexate- Injection and Tablets
- Mycophenolate
- Sulphasalazine- Sulfasalazine-

ONLY if used in combination with other DMARDS

Biologic

Therapies

- Abatacept- Orencia
- Adalimumab- Humira
- Anakinra -Kineret
- Certiluzimab Pegol- Cimzia
- Etanercept- Enbrel
- Infliximab Infusion- Remicade
- Golimumab- Simponi
- Rituximab Infusion- Mabthera
- Tocilizumab Infusion- RoActemra

