
DEPARTMENT OF RHEUMATOLOGY

Update - Winter 2016

We want to keep our patients family & Carers and members of the public updated with everything that's happening in our Rheumatology Department. We hope you enjoy reading it – please let us know what you think. You can email colin.beevor@porthosp.nhs.uk with any comments or feedback.

As the nights start to draw in it feels like winter is on its way. Last year we experienced one of our busiest ever winter periods and whilst our staff coped admirably, our services were under huge pressure. This year we would like to help our local community be 'winter ready' and to stay as well as possible.

We want to make sure you stay well this winter so here's some useful advice and tips to help you.

- * Free flu jabs are available- see our flu campaign 2016 information
- * Keep a supply of cold and flu remedies in your house- discuss with your Pharmacist whether you can use these remedies with your current medication
- * Keep your home warm - at least 18°C.
- * If you have been prescribed antibiotics, make sure you finish the course. If you are taking Methotrexate, Mycophenolate, Azathioprine or one of the biologic therapies **STOP** taking this whilst you have signs of an active infection and are taking antibiotics and contact the Rheumatology Advice and Information Line for more advice and support
- * If you have regular medication, make sure you have ordered your repeat prescriptions in advanced so that you don't run out during the holiday period.
- * If you start to feel ill, get help from your Pharmacy straight away.
- * Call NHS 111 if it's not an emergency, they can help you get the right treatment.



Flu Campaign 2016
Dr Steven Young Min (Consultant Rheumatologist) having this year's flu vaccination within the department of Rheumatology, Portsmouth Hospitals NHS Trust with S/N Linda Swanton- Rheumatology Nurse

Remember Slip and trip and Falls- accidents increase during the autumn and winter season for a number of reasons: there is less daylight, leaves fall onto paths and become wet and slippery and cold weather spells cause ice and snow to build up on footpaths.

New Consultants

The Department of Rheumatology welcomes our new Consultant Rheumatologists

Dr Mark Edwards

Dr Edwards graduated from the University of Bristol in 2003 and has been a Member of the Royal College of Physicians for almost 10 years. He completed his training in Rheumatology here in the Hampshire and the Dorset region, and during this period, undertook a PhD at the University of Southampton. The work from his thesis and other international research collaborations has been widely published in medical journals. He currently sits on the committee of the Bone Research Society and the steering committee of the International Osteoporosis Foundation's Capture the Fracture® campaign.



Having worked in our department previously, he has already started to take an active role in our patient engagement events and quality improvement projects, and looks forward to working with us again to continue to provide the highest quality clinical care for our patients

Dr Anne Scott Russell

Dr Ann Scott-Russell qualified at St Georges Hospital medical school, London and did her postgraduate training in Rheumatology in the Wessex region. She has been an NHS Consultant since 2008 initially in East Kent and latterly in Frimley Park Hospital, Surrey.

Her special interests are in musculoskeletal ultrasound and medical education. She attained a C.A.S.E accredited qualification from Christchurch Canterbury University in 2012 and is a member of BSR musculoskeletal SIG. She teaches and mentors on the Focussed musculoskeletal ultrasound course at Christchurch Canterbury University.



In 2016 she completed her certificate in Medical Education from Cardiff University and is currently working towards her Masters degree in this subject.

Dr Scott-Russell is delighted to be returning to the region where she trained and is looking forward to joining the Portsmouth Rheumatology team and continuing to provide a high quality service to our patients.

Awards

The Department of Rheumatology and partnership colleagues have been rewarded with a number of nominations for and winning awards



Claire Jeffries- Physiotherapy Manager and Clinical Specialist in Hydrotherapy and Rheumatology received the NASS Patient Patients Choice Award "Best care given by a Physiotherapist"

Well Done Claire



Roger Stevens (Chairman Portsmouth NASS Group) with Claire Jeffries

Sr Bungue Tuble, Claire Jeffries , Dr Young Min, Una Brady and Colin Beevor received on behalf of the Rheumatology the NASS Patient Champion Award for "Best Ankylosing Spondylitis Clinic"- Well Done – Department of Rheumatology Team

To find out more- <http://nass.co.uk/nass/en/news/news/patients-choice-awards/>

National Rheumatoid Arthritis Society- Patient Champion Awards

NRAS held its 5th Healthcare Champion awards ceremony in Portcullis House, Westminster on Wednesday 2nd November 2016 and RA Healthcare Champion awards were presented by the Prime Minister and NRAS Founding Patron, the Rt. Hon Theresa May.

RA Healthcare Champions- Rheumatology Team at Queen Alexandra Hospital, Portsmouth (represented by Dr Steven Young Min Una Brady, Dr Ernest Wong and Mr Colin Beevor) Nominated by Mrs Muriel Boyes

Portsmouth News

The Department of Rheumatology would like to congratulate our colleagues who received 2016 Best of Health Awards 2016. Although unsuccessful this year- we are so grateful for your nominations for

Dr McCrae- Hospital Doctor of the Year

Department of Rheumatology and Fracture Liaison Service- for Team of the year



Caring for someone with Arthritis and Connective Tissue Disease/ Osteoporosis and Bone Health Resource Folder

A new Carers resource pack was launched at the Day to Day Living with Arthritis and Connective Tissue Disease – Patient and Public Conference in September 2016

This exciting piece of a partnership project between Portsmouth Carers, Cruse Bereavement Care in Northern Ireland and the Stroke Association charity, which is funded by the Big Lottery Fund's 'Reaching Out: Connecting Older People' programme.

It provides advice and communication tools which can be used by health and social care staff and others to support carers.

If you would like a copy of the Carers Resource pack- please contact Alison Roe or Sue Connett on 02392286935



Patient Advice and Information Line

Our Patient Advice and Information remains busy, we are pleased to say that we **98%** of our Patient Advice and Information Line calls are responded to within 48 hours which is our standard for this service.

We are pleased to announce that you now can use our Patient Advice and Information Line email-

Rheumatology.pail@porthosp.nhs.uk

Telephone 02392286935

NEW- Arthritis Research Campaign- Drug and Arthritis Patient Information Leaflet

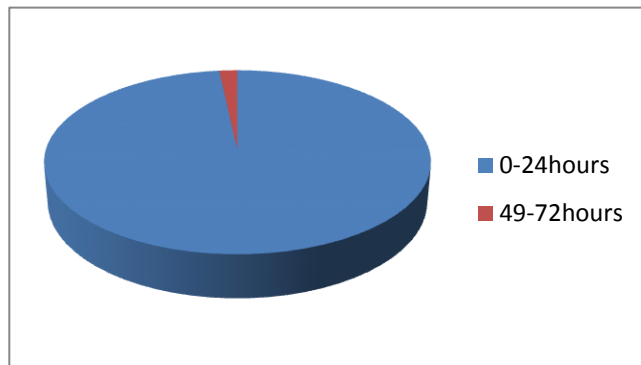
If you would like to receive a copy of the most up to date information on your medication-

Please visit and down load from ARUK Webpage

<http://www.arthritisresearchuk.org/arthritis-information/drugs.aspx>

or email

Rheumatology.pail@porthosp.nhs.uk or telephone 02392286935



Arthritis Research UK



Tired of Being Tired

Fatigue - an overwhelming tiredness - is one of the most common symptoms of Inflammatory Arthritis and Connective Tissue Diseases. Fatigue in Arthritis and Connective Tissue Diseases is not just an ordinary tiredness, like you might get at the end of a hard day's work. It's as an overwhelming sense of tiredness that often occurs after very little activity.

Fatigue affects people in different ways, and it may change daily or hourly. Some people find that it is the symptom that affects them most, but there are ways to manage it and minimise its effects on your life. This can make it complicated to explain fatigue to others.

The Department of Rheumatology is currently offering a 7 week programme entitled "Tired of Being Tired", previous attendees report that the programme has given them the opportunity to explore different self-management and relaxation techniques and improved their quality of life.

If you would like to know more about the programme or would like to register- please contact Department of Rheumatology by email rheumatology.conference@porthosp.nhs.uk or telephone 0239228 6000 ext 6142



Department of Rheumatology- What's Going On

Keep up to date with new and events by visiting the Department of Rheumatology webpage www.porthosp.nhs.uk/departments/Rheumatology/rheumatology.

A screenshot of the Portsmouth Hospitals NHS Trust website. The top navigation bar includes a search box and links for Home, Find Us, Contact Us, Ward Contacts, Get Involved, Our Performance, Research, and Private Patients. Below this is a row of five service area buttons: "For Visitors", "Your Birth", "For Inpatients", "For Outpatients", and "About Us". The main content area shows the breadcrumb "Now viewing: Home > Departments > Trauma Orthopaedics Rheumatology Pain > Rheumatology". On the left is a "DEPARTMENTS" sidebar with a list of departments, including "TRAUMA ORTHOPAEDICS RHEUMATOLOGY PAIN" which is highlighted. The main content area features a description of the Rheumatology department, a group photo of staff, and a "Meet the Team" section with "Who's who" and "More information about the service" links. On the right, there is a "Calendar of Events" section listing various events and a "LATEST NEWS" section with a link to "Working in Partnership - Patient and Charity Support Organisation Links".

Family and Friends Tests

The Friends and Family Test is a survey which asks patients whether they would recommend the NHS service they have received to friends and family who need similar treatment or care. Here in the Department of Rheumatology we have been asking similar questions over many years and we are grateful for your feedback.

The most important thing for us about the Friends and Family Test is hearing what you say and acting on your experience, either to make improvements to services or to replicate what is going well.

We really do value what our community of patients thinks of the services we provide and the Friends and Family Test is one way that you can tell us what you think.

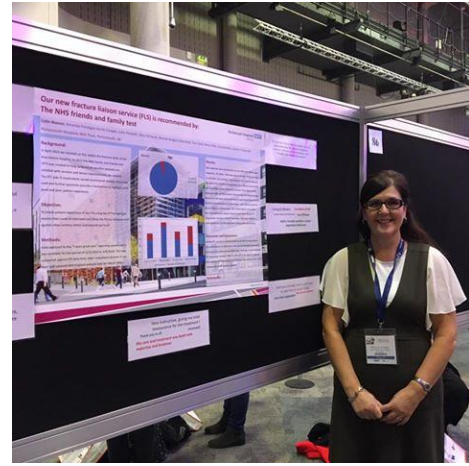
Depending on the service you are part of, you will be offered the opportunity to answer the Friends and Family Test in a variety of ways:

- At each appointment if you attend a clinic-based service
- At the point of your discharge from the day case suite (Infusion unit)

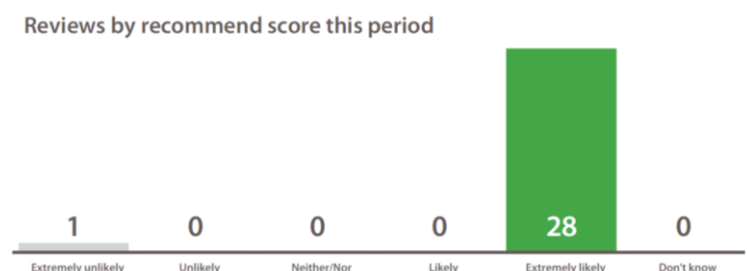
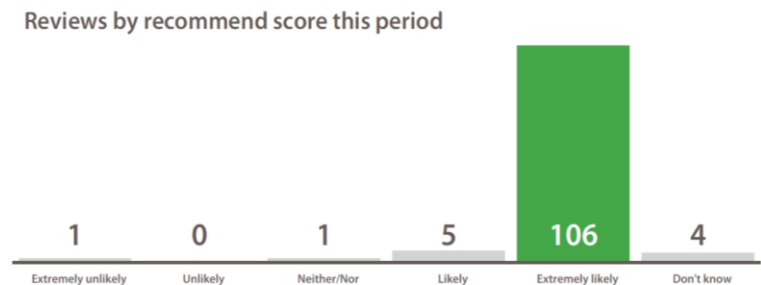
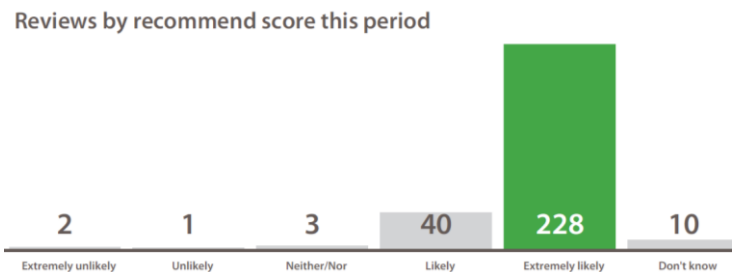
We understand that this may mean that you are completing a form at each appointment and day case suite appointment time, but it is important that we have your feedback.

If you do not want to add any comments to the comment box that is ok, but all feedback is gratefully received.

You can find an up to date report at <https://www.iwantgreatcare.org/hospitals/queen-alexandra-hospital>



Sr Finnegan with Family and Friends Poster Abstract at the National Osteoporosis Conference 2016



Coming up

Rheumatology OPD Patient Education Programme 2017- "Getting to Grips- Staying in Control"

Spaces are limited so please book in advance- By Phone: Alex Fletcher
02392286000 Ext 5767 email: Rheumatology.conference@porthosp.nhs.uk

Date	Venue	Talk
Saturday 21st January 2017 10.00-12.00	Lecture Theatre E-Level- Queen Alexandra Hospital PO6 3LY	Managing your Flares led by Sr Adams
Saturday 6th May 2017 10.00- 12.30		Managing your Pain led by Sr Bungue Tuble
Saturday 10th June 2017 10.00- 12.30		Managing your Medicines led by Sr Burbidge
Saturday 1st July 2017 10.00- 12.30		Managing your fatigue led by Sr Brown
October 2017 – Date TBC	Queen Alexandra Hospital PO6 3LY	Trust open day
Saturday 18th November 2017 10.00-12.30	Lecture Theatre E-Level- Queen Alexandra Hospital PO6 3LY	Managing your disease led by Sr Long
Saturday 16th December 2017 10.00-12.30		Christmas Event with Sr Ingall and Sr White

By Post: Alex Fletcher, Rheumatology OPD , Queen Alexandra Hospital , Southwick Hill Road PO6 3LY

Next patient Conference

Love your Bones 2017- Wednesday 21st June 2017-

If you would like to receive a copy of the programme- please email
rheumatology.conference@porthosp.nhs.uk or telephone 02392286142

Day To Day Living with Arthritis and Connective Tissue Diseases- Wednesday 27th September 2017

If you would like to receive a copy of the programme- please email
rheumatology.conference@porthosp.nhs.uk or telephone 02392286142

Portsmouth and South East Hampshire Group
National Osteoporosis Society-



Keep up to date - visit Portsmouth and South East Hampshire Group National Osteoporosis Society webpage
<https://www.nos.org.uk/portsmouth?>

Our meetings are held at Cosham Baptist Church, Havant Road, Cosham at 2pm. We ask for £2 for each meeting to cover expenses. A drink and biscuits will be provided. We also hold a Bring and Buy sale to help our funds.

Programme 2017

<p>9th March Drug Interactions and Pain Relief Simon Norman, Pharmacist, Queen Alexandra Hospital.</p> <p>20th April Footcare Joint meeting with 'Partners in Pain', Gosport & Fareham Dr. L. Cherry, Lecturer in Podiatric Rheumatology, Southampton University.</p> <p>11th May Dental Health and Osteoporosis Annabel Wheatley, Oral Surgeon Queen Alexandra Hospital.</p> <p>Support Group Annual Review</p> <p>21st June Love Your Bones: 2017- Mountbatten Centre</p>	<p>14th September The National Osteoporosis Helpline, Complementary Therapies and Osteoporosis. Rachel Ashcroft-Hands, Osteoporosis Specialist Nurse.</p> <p>12th October Eye Care Keith Malcolm, Senior Clinical Manager, Queen Alexandra Hospital.</p> <p>9th November Preparation for Winter Falls Prevention & Home Exercises Adi Phillips, Falls Prevention Co-ordinator, Southern Health Trust.</p> <p>7th December Medical Update Dr Steven Young-Min, Clinical Director, Rheumatology Dept. Queen Alexandra Hospital</p>
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