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**DEPARTMENT OF RHEUMATOLOGY**  
**Update- Spring/ Summer 2017**

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Dr Steven Young Min  
Consultant Rheumatologist and Clinical Director  
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Department of Rheumatology  
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Cosham, PO6 3LY  
02392286142

Dear Patient,

We are writing to advise you that there will be a number of forthcoming changes in the Rheumatology Department and you may be affected by these. Please see attached the details of an appointment that has been made for you.

The Department of Rheumatology would like to announce that Dr Dulay will be joining the Rheumatology Consultant team from the 1<sup>st</sup> September 2017, he will be taking over Dr A Coopers patients care from the Queen Alexandra Hospital clinics and Dr Shabans patients for the Gosport clinic (Thursdays).



Dr Dulay obtained his medical degree from the University of Southampton in 2006. He has a broad-based training experience in all the major medical specialities which he has undertaken within the local region. He is dual trained in both Rheumatology and General (internal) Medicine. During his experience to date Dr Dulay has represented his colleagues at a national level for both the British Society of Rheumatology and the Royal College of Physicians. He has presented work at national and international level and has also published articles in medical journals. He is currently involved in two ongoing research projects. Dr Dulay has been selected to undertake roles in medical education and postgraduate examinations including writing exam questions for national and international use by the Royal College of Physicians (MRCP PACES examination). Dr Dulay has a keen interest in connective tissue disease, ultrasound, general rheumatology and education. Having previously worked in the department as a registrar, Dr Dulay is delighted to be returning to the department from August 2017. He looks forward to helping to develop the rheumatology service further and providing high-quality patient care.

**Kings Head Festival- Emsworth  
Saturday 8<sup>th</sup> July 2017**

We are in the early stages of planning one of our biggest fund raising events; The Kings Head Emsworth has offered us the opportunity to be their charity for the 2017 Kings Head Festival on Saturday 8<sup>th</sup> July 2017.



The Traditional Summer fete runs from 12:00midday to 5:00pm with a variety of local groups providing entertainment on the stage throughout the afternoon, in the evening there will be a live band playing- Admission Free

Please can you help- we are looking for:-

**Before the event**

Donations of Teddy bears (new/ unused) for the Teddy bear tombola

Bottles (any) for the bottle stalls

Raffle prizes for the grand Raffle

**On the day** (or delivered to Rheumatology Department on Friday 7<sup>th</sup> July 2017)

Donations of homemade cakes, biscuits and homemade savouries

Home grown fruit, vegetables and flowers & Plants

**Also needed**

**Volunteers to man the stalls-** we are looking for volunteers to man the variety of fund raising stalls- two shifts

11:00-3:00pm and 2:00-6:00pm – please let Sr Amanda Finnegan know if you can volunteer [amanda.finnegan@porthosp.nhs.uk](mailto:amanda.finnegan@porthosp.nhs.uk).

**Van/ small lorry owner-** we are looking for a van/ lorry driver to help collect tables and chairs on the morning on the 8<sup>th</sup> July 2017 around 08:00 and again on the Sunday 08:00am- both times for about 1 ½ hours please let Sr Amanda Finnegan know if you can help [amanda.finnegan@porthosp.nhs.uk](mailto:amanda.finnegan@porthosp.nhs.uk)

**Advertisement space within the programme-** We have a number of small advert spaces to sell within the programme, ranging from £25:00- £50:00- if you are or know of a local business that would like to advertise within the programme- please let Colin Beevor know [Colin.beevor@porthosp.nhs.uk](mailto:Colin.beevor@porthosp.nhs.uk)

## 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.

As we now have two options for the Patient Advice and Information line (Telephone and Email) as of the 1<sup>st</sup> May 2017 we will now only try to return your call within 2 days- If we are unable to get through we will write to you to let you know that we have not been able to get through to you.

Please ensure that you leave the correct information

Full Name

Date of Birth

Hospital Number

Brief information about what you are call/ email is about



Email [Rheumatology.pail@porthosp.nhs.uk](mailto: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 download from ARUK Webpage

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

or email

[Rheumatology.pail@porthosp.nhs.uk](mailto:Rheumatology.pail@porthosp.nhs.uk) or telephone 02392286935



## **New Era of Patient Education-on its way**

The Department of Rheumatology – Portsmouth Hospitals NHS Trust would like to hear from patient and their family and friends about a new exciting project looking on line patient education and support for people living with Arthritis and Connective Tissue Diseases.

As a volunteer you will be part of a team over the next 12 months helping to shape and improve patient education and support for people living with rheumatological conditions (arthritis, Connective Tissue Diseases and Osteoporosis) using social media, webpage, youtube videos and animation etc.

**Lead Patient and Public Volunteers-** 2-3 volunteers required to help support the lead the project team- working with Matron/ Service Manager, Consultant , DAWN and IT Leads, Member of the multidisciplinary team (Physiotherapist, Podiatrist, Occupational Therapists and Pharmacist) and representative from Portsmouth University. This group will meet monthly for 12 months to take the project forward- project plan, looking at priorities, financial spend, clinical governance (risk and quality) etc.

**Start and Finish small projects -Patient and Public Volunteers** 1-2 volunteers required to help support the start and finish groups- working with clinical nurse specialists, Consultant , Rheumatology staff members and university students, member of the multidisciplinary team (Physiotherapist, Podiatrist, Occupational Therapists and Pharmacist). These smaller group will meet monthly for 3-4 times over a 3 month period to take small chunk size piece of work looking at development of storyboards, type of medium (you tube, webpage, animation etc.) and signing off the final version (some of this can also be sent via email for feedback)

### **Budding Video Stars Patient and Public Volunteers**

Over the next 6 months we will be also looking for budding video stars- to either be part of video clips / or to talk about your experience living with arthritis, connective tissue diseases and treatment options etc.

This is a great opportunity for local people living with rheumatic diseases and their family/ friends to get directly involved in our work.

If you want to support your local rheumatology service and improve quality of patient education and support, and you're interested in developing new skills and building on existing experience and knowledge, The Department of Rheumatology would love to hear from you!

Want to be involved? Come along on Wednesday 19<sup>th</sup> April 2017, 6:00pm- 7:30pm- Hip and Knee School- (opposite lifts next to fracture clinic) C Level, Queen Alexandra Hospital, Cosham PO6 3LY

To register your interest in attending the briefing meeting or to receive feedback and volunteer with either of the groups or if you would like to hear more, please contact Valerie Robins 02392286142 or email [Valerie.robins@porthosp.nhs.uk](mailto:Valerie.robins@porthosp.nhs.uk) or write to Valerie Robins- Department of Rheumatology, Queen Alexandra Hospital, Cosham, PO6 3LY.

## 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](mailto:rheumatology.conference@porthosp.nhs.uk) or telephone 0239228 6000 ext 6142.



## Department of Rheumatology- What's Going On-

### Fund Raising

Are you able to support the Department of Rheumatology Ward Walk 2017?

To join the event contact Portsmouth Hospitals NHS Trust Fund Raising Team 02392286000ext 5927 and walk for the Rheumatology Department charitable funds

or support through the Just Giving Webpage

[www.justgiving.com/fundraising/Colin-Beevor2](http://www.justgiving.com/fundraising/Colin-Beevor2)





PORTSMOUTH HOSPITALS CHARITY  
—Supporting a healthy future—

PortsmouthHospitalsCharity  
@PorthospCharity

# Cream Tea & Bake Sale

Raising funds for Portsmouth Hospitals NHS Trust's Rheumatology Department



Let's Get Crafty Home Craft Sale

Cakes, Biscuits, Savouries & Jams!

**Sunday 13 August, 10:30am - 16:00pm**

**The Wheel House off Salterns Road, Hill Head, PO14 3LR**



PORTSMOUTH HOSPITALS CHARITY  
—Supporting a healthy future—

**Can you help us collect raffle prizes for the 2017 fundraising event raffle?**

The Department of Rheumatology has a number of patient, public and fundraising events arranged in 2017.

At a number of these events we will be holding a raffle to help fund future events, purchase equipment and support new patient initiatives.

Do you have any unwanted Christmas or birthday gifts? Or are you able to donate a prize, either personally or from your employer or business?

The prizes can be large or small (non-perishable).

If you are able to donate a prize, then either drop it off at the Rheumatology Reception or contact:

colin.beevor @porthosp.nhs.uk  
02392281642

Who will arrange for the item to be collected from you.

**Thank you for your support!**

Registered Charity No: 1047966

## Coming up

### Next patient Conference

**Love your Bones 2017- Wednesday 21<sup>st</sup> June 2017-**

If you would like to receive a copy of the programme- please email [rheumatology.conference@porthospj.nhs.uk](mailto:rheumatology.conference@porthospj.nhs.uk) or telephone 02392286142

**Day To Day Living with Arthritis and Connective Tissue Diseases- Wednesday 27<sup>th</sup> September 2017**

If you would like to receive a copy of the programme- please email [rheumatology.conference@porthospj.nhs.uk](mailto:rheumatology.conference@porthospj.nhs.uk) or telephone 02392286142

**Rheumatology OPD Patient Education Programme 2017- “Getting to grips- Staying in Control- Queen Alexandra Hospital, Cosham, PO6 3LY**

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

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

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

## Getting to Grips- Petersfield

We are pleased to announce that we will now be bringing the Getting to Grips with Arthritis and Connective Tissue Disease to the Petersfield and Surround area.

The meetings will all take place at the Petersfield Community Hospital- Swan Street- see below programme

<b>Date</b>	<b>Time</b>	<b>Theme</b>
<b>20/06/2017 Willows day room</b>	<b>13:30-for 13:45 start 15:30 finish</b>	<b>Getting to Grips with Managing Flares associated to Arthritis and Connective Tissue Diseases</b>
<b>19/09/2017 Willows day room</b>	<b>13:30-for 13:45 start 15:30 finish</b>	<b>Getting to Grips with Managing your Medicines for Arthritis and Connective Tissue Diseases</b>
<b>21/11/2017 Willows day room</b>	<b>13:30-for 13:45 start 15:30 finish</b>	<b>Managing the Christmas and New Year Flare- Living well with Arthritis and Connective Tissue Diseases over the Festive Period</b>

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



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