

Department of Rheumatology

Spring 2018- News Letter

Support for those living with Arthritis and Connective Tissue Disease

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The Department of Rheumatology provides a number of educational and supporting self-management courses and workshops for people living with Arthritis and Connective Tissue Diseases and those who care for them:-

Tired of Being Tired- 7 week programme - Fatigue and Arthritis/Connective Tissue Diseases- looking at what may cause fatigue and how to manage the fatigue

No Time for Pain 2 ½ hour workshop- develop a home tool kit to manage your pain

Flare Rollercoaster – 2 ½ hour workshop- supporting you in how to self-manage a flare

DaM It Arthritis- Dads and Mums living with Arthritis and Connective Tissue Diseases - peer support for dads and mums living with arthritis

We have a variety of dates and times for these events during 2018- to find out more visit the Rheumatology Department Webpage

<http://www.porthosp.nhs.uk/departments/Rheumatology/rheumatology.htm>

Email Rheumatology.conference@porthosp.nhs.uk

Keeping you up to date with what's going on in Rheumatology

We are here to make sure **you** know **what's going** on with your local Rheumatology Service and across the Rheumatology- Arthritis, Connective Tissue and Osteoporosis Community.

You can do this by

Visiting the Department of Rheumatology – Portsmouth Hospitals NHS Trust webpage

<http://www.porthosp.nhs.uk/departments/Rheumatology/rheumatology.htm>

or sign up for our email communication (see attached registration form)



Patient Advice and Information Line



Patient Advice and Information Line- latest update

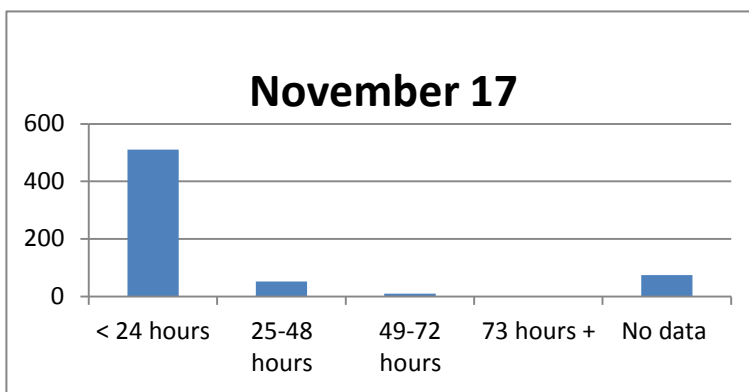
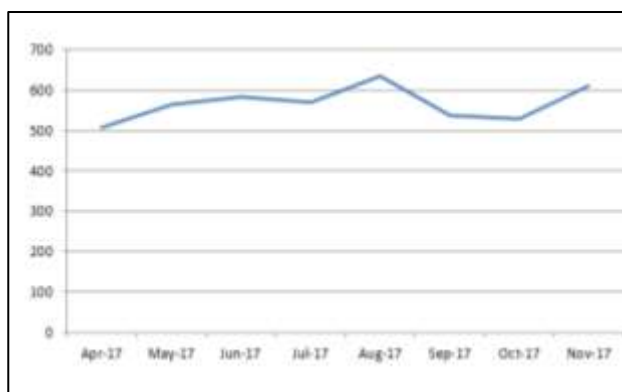
Our Patient Advice and Information line remains busy, we are pleased to say that **87%** (November 2017 data) of our Patient Advice and Information Line calls are responded to within 48 hours which is our standard for this service. We are currently averaging around 600 Patient Advice and Information Line call per month (see graph below)

As we now have two options for the Patient Advice and Information line (telephone and email) as of the 1st May 2017 we have tried to return your call within 2 days - If we were unable to get through we wrote to you to let you know that we have not been able to contact you.

Please ensure that you leave the correct information

- * Full Name
- * Date of Birth
- * Hospital Number
- * Telephone Number
- * Brief information about what the call/email is about

Email Rheumatology.pail@porthosp.nhs.uk Telephone 02392286935



Department of Rheumatology

We run all our clinics by appointment only

We **do not** offer a Walk In service.

If you need advice, please use our Patient, Advice and Information Telephone Service which is available for consultations and to answer queries related to your rheumatological condition.

Patient Advice and Information line **02392286935** or email Rheumatology.pail@porthosp.nhs.uk

Please note other options for immediate advice are:-

- Your own GP - Health Centre
- Your local pharmacist
- Minor Injuries Walk in centres:-
 - **St Marys NHS Treatment Centre** Milton Road Portsmouth PO3 6DW
 - **Petersfield Minor Injuries Unit** Swan Street, Petersfield GU32 3LB
 - **Gosport War Memorial Hospital Minor Injuries Unit** Bury Road, Gosport , Hampshire, PO12 3PW

NHS Direct Number 111 - You should use the NHS 111 service only if you **urgently** need medical help or advice but it's not a life-threatening situation

Join the Department of Rheumatology for “Walking Football” leading up to the 2018 World Cup-

Research would suggest that most footballers (amateur and professional) give up playing football in their late 30s, but the great news is that there is no reason not to enjoy the beautiful game in your 40+ years even if you have arthritis. Walking football has become increasingly popular and is suitable for people who may have mobility problems which stop them playing faster paced games.



Join us for the Department of Rheumatology – Walking Football at the Mountbatten Center- Alexandra Park- Twyford Avenue Portsmouth (indoor sports hall) from April 2018 7:00pm for 12 weeks- to find out more email

rheumatology.conference@porthosp.nhs.uk or Telephone 02392286142 .

Claire Jefferies- Specialist Rheumatology Physiotherapist Practitioner “ the research would suggest that that physically active men have a 20-30% reduced risk of premature death and 50% less chronic disease. We also know that by the age of 55-64, only 32% of men say that they take the recommended half-hour of strenuous exercise five times a week. We are hoping that walking football for people living with arthritis and connective tissue diseases could help us get our patient active”

Dr Steven Young Min – Consultant Rheumatologist “ there are many physiological and psychological benefits to keeping active whilst living with arthritis and connective tissue diseases, football gives people membership of a group which can promote long-term enthusiasm for exercise.”

For people living with Arthritis and Connective Tissue Diseases there are often many perceived obstacles in getting people to be more active, this may include worries about making the arthritis/ connective tissue disease active or causing further damage to the joint. The good news is that research would suggest that exercise is good for us: it keeps us supple and flexible, and reduces the risk of illness. Everyone benefits from exercise but, for people with arthritis, the benefits of regular exercise are enormous. Following a regular exercise programme enables people to live a more pain-free, independent life. The benefits include:

- better range of movement and joint mobility
- better pain management
- increased muscle strength
- stronger bones – which can help protect against osteoporosis
- weight control
- improved balance and co-ordination
- reduced stress
- improved sleep patterns
- increased energy levels
- better breathing
- improved self-esteem

Colin Beevor Matron- “We are excited about running this programme up to the world cup final on Sunday 15th July 2018, we hope that people living with arthritis will sign up to join us. We know that walking football is very adaptable, and can be played at any level of skill, we hope that there are not too many “red cards”.

Contact your local sports center to find out if they are offering this service. Find a walking football team in your area at www.walkingfootballunited.co.uk.

Community Update -

Community Support - Eastern Area- Hampshire



We can offer a voluntary bathing or shower service

For those who cannot manage to get into or out of a bath unaided and do not qualify for help from the statutory services.

You can be visited in your own home where your needs can be discussed or come to the St John Ambulance HQ in Havant or Fareham, where we have purpose bathing suites. Two members will always be present.

Volunteers required

Would you like to join our unit?

Do you have a few hours to spare each week?

What do we do?

Facilities for the elderly, lonely and disabled such as bathing service, trips out and parties

We need caring people and drivers to assist with improving the quality of life for others

Contact telephone number 023 92 265 809

Email pamela.fitzgerald@sja.org.uk

Area Co-ordinator Mrs Pamela Fitzgerald

Blood Tests

Blood Tests and Day Case Infusions

Please can those patients having infusions in the Day Case suite - ensure that they have their blood test undertaken 3-5days before their infusion appointment. The Day Case Team need to check the blood test results 48 hours prior to the infusion to enable them to order your medication.

St Marys Hospital - Phlebotomy (blood taking) appointment telephone line Important Information

The telephone system is changing at St Mary's Hospital-Portsmouth and as a result the Phlebotomy (adult blood taking service) will have new numbers.

Please note-

The new number for Blood Test appointments at St Mary's Community Campus in Portsmouth is 0300 1236612

The service is not changing and patients will still be able to ring for an appointment to get a blood test at our clinic at St Mary's but the number they will have to call will be 0300 1236612.



Pain Support in the Community

Pain can make you feel isolated. It can be helpful to meet with other people who understand what it's like. This is sometimes called "peer support". In the Fareham and Gosport area we have two patient support groups allowing people with depression to provide, as well as receive, help. Sitting and talking isn't the only thing that happens at these meetings. The groups organise social events and arrange special speakers to help you understand pain and improve your wellbeing. Going to a group for the first time can be daunting, but you can be sure of a warm welcome. People will understand how hard it can be to take that first step.

Friends through pain

is a Fareham (Stubbington) based social group for men and women who suffer from chronic pain. Members come together each month, and because of their understanding and empathy are able to support each other.

Meetings are held on the last Thursday of every month at Stubbington Baptist Church.

The meetings alternate between speakers on a wide range of topics or an informal catch up session quiz with the members. Social outings and regular lunches at various venues- meeting times 10:00am to 12:30pm.

Membership is open to individuals who have chronic pain, and their carers. There is a small annual subscription.

For further information on becoming a member, please contact President and founder -

Brenda on 023 9252 4220 brendahadfield@icloud.com

or Alison Wilson on 01480 505497

Email alison20172017@outlook.com

Partners through pain is a Gosport based social group for men and women who suffer from chronic pain

Members support each other through regular meetings where experiences and beneficial ideas can be shared in an informal and friendly environment.

- Speakers on a wide range of informative topics
- Social outings plus regular lunches at local venues

Meetings the last Wednesday of each month (except December when we enjoy a Christmas Party!) 10:00—12:30

In the Christ Church Parish Hall (Entrance off Avenue Road) Stoke Road, Gosport, PO12 1JQ - This is not our postal address

We are here to help each other. So don't be shy; come along and join us—we would love to see you.

Further information can be obtained from either:

Brenda on 023 9252 4220 brendahadfield@icloud.com

Andy on 07933040680

Johnfaulkner25.jf@gmail.com



Friends THROUGH PAIN
Suffering from Chronic Pain?

FRIENDS THROUGH PAIN is a social group for men and women who suffer from chronic pain. Members come together each month, and because of their understanding and empathy, are able to support each other.

Meetings are held on the last Thursday of every month at Stubbington Baptist Church.

The meetings alternate between speakers on a wide range of topics or an informal catch up session and quiz with the members.

Social outings and regular lunches at various venues.
Meeting times: 10 am - 12.30 pm.

Membership is open to individuals who have chronic pain, and their carers. There is a small annual subscription.

For further information on becoming a member, please contact:
President and Founder:
Brenda Hadfield
on 02392 42220
email brendahadfield@icloud.com
or
Alison Wilson
on 01480 505497
email alison20172017@outlook.com

Stubbington Baptist Church
New Stubbington, Fareham, PO12 1JQ

Member of **StTH** (Stubbington Through Health) and **NHS** and **ARMA**



Partners through Pain

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This is not our postal address

We are here to help each other. So don't be shy; come along and join us—we would love to see you.

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Brenda on 023 9252 4220
brendahadfield@icloud.com
Andy on 07933040680
Johnfaulkner25.jf@gmail.com

Managing Joint Pain

One of the most common reasons patients telephone the patient advice and information line is related to joint pain- here are some simple top tips to help relieve joint pain.



Transcutaneous electrical nerve stimulation (TENS). A technique in which a weak electric current is administered through electrodes placed on the skin, TENS is believed to stop messages from pain receptors from reaching the brain. For more information about a TENS Machine- visit Arthritis Care webpage <https://www.arthritiscare.org.uk/treatments-aids-and-equipment/electronic-pain-relief/tens-machines-an-electronic-method-of-pain-relief>

Hot and Cold- Two of the simplest, least expensive and most effective methods of pain relief are heat and cold treatments.

Heat treatments, such as heating pads or hot water bottle, tend to work best for soothing stiff joints and tired muscles. Heat enhances circulation, delivering nutrients to joints and muscles. It's good for getting your body limber and ready for exercise or activity. Cold is best for acute pain; it restricts blood vessels, slowing circulation and reducing swelling. It also numbs nerve endings, dulling pain. Experiment with some of the following forms of heat and cold therapy to find out which provide the best pain relief for you.

Heat treatments

Take a warm shower or bath to ease morning stiffness.

* Try using a warm paraffin wax treatment system, available at many beauty-supply stores, for painful hand or foot joints.

* Soak in a warm whirlpool.

* Use a heating pad (protect skin with a cloth buffer) for up to 20 minutes at a time. Or buy an air-activated heat pack if you need one that's portable.

Cold treatments

Wrap a bag of ice or bag of frozen vegetables- Protect the skin by applying oil first and wrap the ice / frozen vegetable in a towel to protect the skin, and apply to painful areas for no more than 20 minutes at a time. Try a store-bought gel cold pack

Topical Creams and gels

Capsaicin Cream- this analgesic, which is derived from chilli peppers, is better than a placebo at reducing pain, but it can cause side effects such as a burning sensation or skin redness.

Topical Non-steroidal anti-inflammatory drugs - These rub-on products may be as effective as oral NSAIDs, but they pose less risk of gastro intestinal problems.

Fund Raising

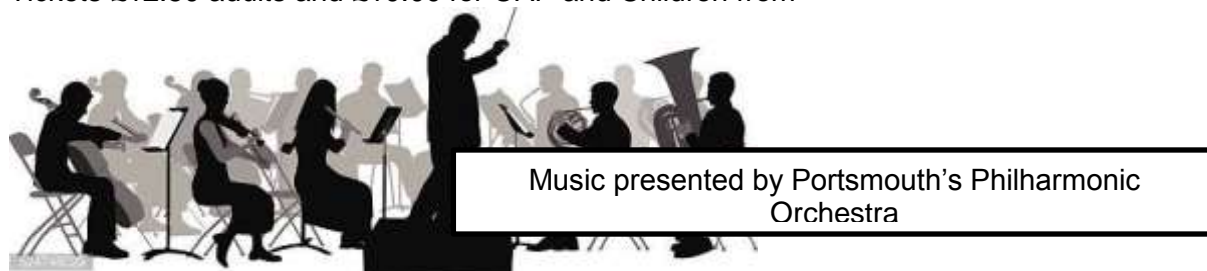


Afternoon of Light Music and Cream Tea

The Department of Rheumatology invites you to join them for the 3rd Afternoon of Light music and Cream Tea on Sunday 4th March 2018 at the Admiral Lord Nelson School - Portsmouth Music presented by Portsmouth's Philharmonic Orchestra

2:30pm arrive for 3:00pm start afternoon tea served on arrival

Tickets £12:50 adults and £10:00 for OAP and Children from



Music presented by Portsmouth's Philharmonic Orchestra

Rheumatology.conference@porthosp.nhs.uk or telephone 02392286142



Easter 2018 Cream Tea and Tea Dance- Saturday 24th March 2018

2:45-4:45pm- St Coleman's Church Hall- St Colmans Ave, Portsmouth PO6 2JJ

Join us for our 3rd Fundraising Cream Tea and Tea Dance event on Saturday 24th March 2018. You'll join fellow dance fans and enjoy a delicious afternoon tea

All funds raised from the event will support our Fracture Liaison Service

Tickets £5.00 from Rheumatology.conference@porthosp.nhs.uk or telephone 02392286142

Other Dates coming up

Summer Garden Fete

Saturday 7th July 2018- Winton House Centre Petersfield

This traditional summer fete runs from 11:00 midday to 4:00 pm with a variety of traditional fund raising stalls- Admission Free

Please can you help- we are looking for:-

Before the event- Donations of Teddy bears (new/in good condition) 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 6th July 2018)

Donations of homemade cakes, biscuits and homemade savouries
Home grown fruit, vegetables and flowers & plants

Volunteers – we are looking for volunteers to help from 09:00-through to 5:00pm – (any help from 2-3 hours through to all day gratefully received- please email Valerie.robins@porthosp.nhs.uk to register to help or for more information

Cream Tea and Craft event

Sunday 12th August 2018 11:00-4:00pm

Wheelhouse- Rotary Club Room – Hill Head Fareham

Funky Knit Day

As the Weather Gets Colder - those living with Raynaud's- need to keep their core body temperature warm

Are you a Home Knitter- can you help the Department of Rheumatology with its 2017/18 Winter Funky Knitting Campaign to raise awareness about Raynaud's and raise money for the Department of Rheumatology Charitable funds

We are looking for donations of hand knitted/crocheted gloves & mittens, Scarves, Hats and socks to sell at our event on the 7th February 2018- donations are welcome anytime from now to February 2018, if you would like more information please email

colin.beevor@porthosp.nhs.uk

Raynaud's- If your fingers often become cold, painful, numb, and change colour, you might have Raynaud's phenomenon. It is a common condition that affects the blood vessels in the body's extremities.

For those living with Raynaud's the key secret is to keep the core body temperature warm to prevent Raynaud's attacks, with the weather changing, it's no surprise that people living with Raynaud's need tips for staying warm and preventing Raynaud's attacks and finger/toe ulcerations

Keeping your core body temperature warm by

- **Layering** – Keeps the core warm which helps keep the blood circulating in the fingers, toes and other extremities. It is recommended to use clothing that is made from synthetic fabrics, this will prevent clothes getting too wet and causing you to get cold. Remember the middle layer should be a good insulator, like wool or fleece. Outer layers will ideally be wind-resistant and water-proof if wet weather is an issue. Down coats and jackets are also good at trapping air for insulation, but make sure they are long enough to cover a good part of the upper legs
- **Using Accessories** – We all know the importance of good gloves and mittens, that's a given. But don't forget about the other extremities, like the nose – wear a wide scarf that you can pull up over your nose when the wind blows. And hats are critical to help keep heat from escaping the body and for covering the ears that can also suffer during Raynaud's attacks.
- **Boots and Socks** – Warm, fuzzy lining is important not only for warmth, but also to keep from aggravating sensitive skin on the toes (from earlier Raynaud's attacks). Make sure the boots are loose enough to leave room for thicker wool or thermal socks or tights, but not too loose that snow and cold air can enter. Feet can swell during attacks, another reason to make sure boots are roomy. And consider adding a thin silk or synthetic sock as a base layer for frosty toes!

Don't Forget - Keep a thin pair of gloves handy around the house or for grocery shopping – protect your fingers and hand when getting items out of and putting items into fridge's and freezers.

Make good use of disposable, reusable and microwaveable heat pads and electric blankets or mattress pads. For more information about Raynaud's- Contact the Scleroderma and Raynaud's UK charity - Scleroderma and Raynaud's UK 18-20 Bride Lane, London, EC4Y 8EE

Telephone 020 7000 1925 **Email:** info@sruk.co.uk Web page <https://www.sruk.co.uk/raynauds/>



Getting to Grips - Connective Tissue Disease Patient Support Programme dates 2018

Saturday January 20th 10.00-12.00 Lecture theatre E level	Vasculitis
Wednesday February 7th 16.20-18.00 Room 12 Education Centre	Scleroderma/ Raynauds – speaker Dr Dulay – Rheumatology Consultant
Wednesday March 21 st 17.20-19.00 Room 2 Education centre	Sjogrens
Thursday April 26th 16.20-18.00 Lecture theatre E level	Vasculitis – speaker Dr Wong – Rheumatology consultant
Wednesday May 16th 16.20-18.0 Room 12 Education centre	Lupus
Wednesday June 13th 16.20-18.00 Room 12 Education centre	Behcets
Saturday July 7th 10.00-12.00 Lecture theatre E level	Vasculitis
Saturday September 29 th 10.00-12.00 Lecture theatre E level	Vasculitis – speaker Prof Anoop Chauhan – respiratory consultant
Saturday November 10 th 10.00-12.00 Lecture theatre E level	Myositis
Saturday December 1 st 10.00-12.00 Room 12 Education centre	All CTD

Refreshments will be available. Family and friends welcome. Come along for information or just a chat.

Spaces limited, to book please contact Alex Fletcher for more information and to book a space –

By post – Alex Fletcher, Rheumatology outpatients, C-level, Queen Alexandra Hospital, PO6 3LY

By Email – Dawn@porthosp.nhs.uk By Phone – 02392 286000 Ext 5767



PORTSMOUTH HOSPITALS CHARITY
—Supporting a healthy future—

PortsmouthHospitalsCharity
 @PorthospCharity

Easter Tea Dance

Enjoy an afternoon of dance and a cream tea in aid of the Rheumatology Department at QA Hospital

24 March 2018
St Colman's Church
St Colman's Avenue
Cosham, PO6 2JJ
3pm - 5pm

Tickets £5

This includes afternoon refreshments.

To buy today, please call
02392 286000 ext. 6142



Registered charity no. 1047956

A big thank you to Pauline Peskett from the PP Dance Club for teaching at this event



PORTSMOUTH HOSPITALS CHARITY
—Supporting a healthy future—

Can you help us collect raffle prizes for 2018 fund raising events raffles

The Department of Rheumatology has a number of patient and public fund raising events arranged for 2018

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: 1047956

SUMMER QUIZ NIGHT

Summer Evening Quiz Night

Friday 29th June 2018

6:45- for 7:15pm start

Tickets £7:50 includes

Ploughman's Buffet and Dessert

Venue Wheelhouse, Off Salterns Road

Hill Head

Tickets from

Valerie.robins@porthosp.nhs.uk or Telephone 02392286142

or

brendahadfield@btinternet.com



PORTSMOUTH HOSPITALS CHARITY
—Supporting a healthy future—

PortsmouthHospitalsCharity
 @PorthospCharity

Enjoy an afternoon of Cream Tea & Light Music

Raising funds for the Rheumatology Department at QA Hospital

Music presented by Portsmouth Philharmonic Orchestra

Tickets

£ 12.50 adults

£ 10.00 for OAP and Children

Available from: Rheumatology.conference@porthosp.nhs.uk or telephone: 02392286142



PARTNERS THROUGH PAIN



Sunday 4 March 2018 , 2:30pm

Admiral Lord Nelson School , Portsmouth, PO3 5XT