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DEPARTMENT OF RHEUMATOLOGY

Update- Summer/Autumn 2017

Summer/ autumn 2017

We want to keep our patients, patients families, carers and members of the public updated with everything that's happening at 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.

The Department of Rheumatology would like to announce that Dr L Goh will be joining the Rheumatology Consultant team from the 16th October 2017, he will be taking over Dr R Shaban's patients care from the Queen Alexandra Hospital clinics.

Flu and Pneumonia- vaccination 2017

As we start to look towards autumn, we would like to remind you that you will need to book in for your flu and pneumonia vaccinations in the autumn period.

* Free flu jabs are available- see our flu campaign 2017- **see**

**attached
information**

Flu Campaign 2017
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



Rheumatology Department
Proud to make a difference

Portsmouth Hospitals **NHS**
NHS Trust

- 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!

Patient Advice and Information Line - latest update

Our Patient Advice and Information line remains busy, we are pleased to say that **94%** 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 1st 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 and 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

Brief information about what you are call/email is about



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

Department of Rheumatology - What's Going On

Supporting Patients

No Time for Pain

"No Time for Pain" Patient - Partners/Family/Carer work shop

We are holding two - Patient workshops

"No time for pain" on Saturday 16th September 2017 09:30-12:30- Hip and Knee School, Queen Alexandra Hospital, Cosham

and

Saturday 23rd September 2017, 1:00pm-4:30pm- Gosport Leisure Center

What does the "No Time for Pain - Workshop" have to offer that is different from other things you have tried

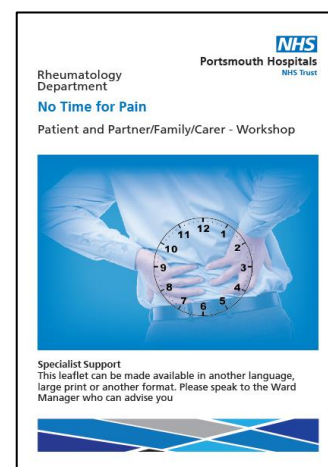
No Time for Pain- continued

Firstly- unfortunately the current programmes are only for people under the care of Portsmouth Hospitals NHS Trust Department of Rheumatology (**Queen Alexandra Hospital, Petersfield and Gosport clinic**) living with Arthritis and Connective Tissue Diseases in the Portsmouth Area

Secondly, our workshop includes time to re think your own strategies for managing chronic and persistent pain associated to your Arthritis and Connective Tissue Disease

Thirdly, we show how you can put into practice the new knowledge and skills that you have gained from attending our "No Time for Pain"- workshop

Fourthly, we encourage you to bring one guest, partner, family member or carer with you to help build your self-management programme pain management toolkit



For more information or to book a place on either of the workshops- please email Rheumatology.conference@porthosp.nhs.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 02392286142.



Patient Feedback -

"I recently attended the Tired of Being Tired course at Q.A. for arthritis and connective tissue diseases. My husband also came along with me and we both found the evenings very informative and helpful run by excellent, caring and understanding people. John, Sandy and Audrey are a great team."

"John and the Team certainly understood the various problems. The difficulties of dealing with flare ups of symptoms, the 'you don't look ill attitude', pain control, massage and mindfulness were all addressed in plain language. All questions were answered and encouraged"

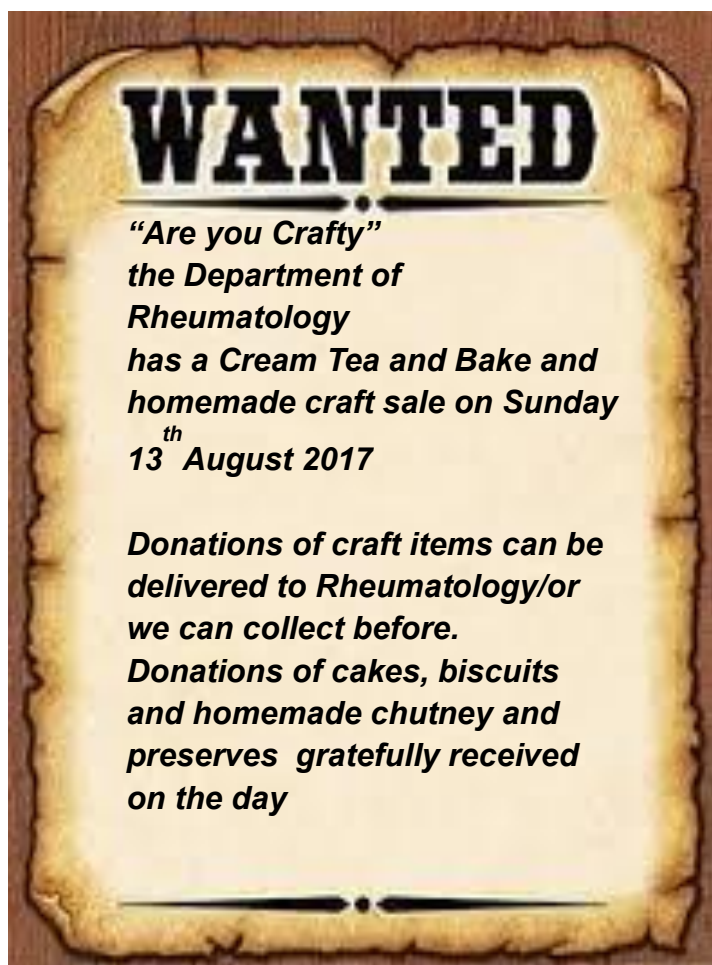
"This was a great example of a Health Service that goes beyond diagnosis and treatment and offers care and advice to help the patient feel more in control in coping with long term illness. I have found the course has helped me accept how I am now and has also given me renewed enthusiasm for finding alternative means of coping with symptoms. It is not always easy to remain positive and I will always try to remember the advice given on this course. I cannot thank you and the team enough. Kind regards RN

To watch the introduction video- visit <https://youtube/ducZgzWE9Qc>

Department of Rheumatology- What's Going On

Fund Raising

Are you able to support the Department of Rheumatology 2017 fund raising events?





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—



PortsmouthHospitalsCharity



@PorthospCharity

Christmas Tea Dance

9 December 2017
St Colman's Church, St Colman's Avenue,
Portsmouth, PO6 2JJ, 3pm - 5pm

Tickets: £4 before, £5 on the day
This includes afternoon refreshments



Raising money for
the Rheumatology
Department

For more information &
tickets, please call
02392 286000 ext. 1495

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

Coming up

Next patient Conference

Day To Day Living with Arthritis and Connective Tissue Diseases - Wednesday 27th September 2017 (see attached flyer)

If you would like to attend- please email rheumatology.conference@porthosp.nhs.uk or telephone 02392286142

Getting To Grip Meetings

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

Date	Venue	Talk
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

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 surrounding area.

The meetings will all take place at the Petersfield Community Hospital - Swan Street - see programme below:- **Spaces are limited so please book in advance-** By Phone: Alex Fletcher 02392286000 Ext 5767 email: Rheumatology.conference@porthosp.nhs.uk

Date	Time	Theme
19/09/2017 Willows day room	13:30-for 13:45 start 15:30 finish	Getting to Grips with Managing your Medicines for Arthritis and Connective Tissue Diseases
21/11/2017 Willows day room	13:30-for 13:45 start 15:30 finish	Managing the Christmas and New Year Flare - Living well with Arthritis and Connective Tissue Diseases over the festive period

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?>



Mini Love your Bones- Locks Heath and surrounding area

Wednesday 25th October 2017 10:00-15:30

Locks Heath Working Mens Club, Duncan Rd, Park Gate, Southampton
SO31 1BD

Programme

09:30 Registration and refreshments	12:15- Lunch, Refreshments and Exhibition
10:00- Welcome- Portsmouth and South East Hampshire – National Osteoporosis Group Overview on local and National NOS	13:00- Stop at one- update
10:30- Overview- Bone Health and Osteoporosis	13:30- Exercise / Falls and Osteoporosis
11:00- Diet and Osteoporosis	14:15- Medication
11:45- Men get Osteoporosis too	15:00- Your Questions Answered
	15:30- Close



For more information email Rheumatology.conference@porthosp.nhs.uk or telephone 02392286142

Local Branch Meeting- Portsmouth and South East Hampshire

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

14th September The National Osteoporosis Helpline, Complementary Therapies and Osteoporosis. Rachel Ashcroft-Hands, Osteoporosis Specialist Nurse	9th November Preparation for Winter Falls Prevention & Home Exercises Adi Phillips, Falls Prevention Co-ordinator, Southern Health Trust.
12th October Eye Care Keith Malcolm, Senior Clinical Manager, Queen Alexandra Hospital	7th December Medical Update Dr Steven Young-Min, Clinical Director, Rheumatology Dept. Queen Alexandra Hospital