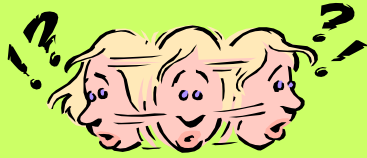


Who's who in clinic?



Drs Janet McDonagh, Clive Ryder and Tauny Southwood are the consultants in the rheumatology team. There will also be visiting consultants and specialist registrars working with them. Specialist registrars are doctors training to become rheumatologists. They will usually discuss your case with a Dr before making a final decision with you.

Janine Hackett is the Occupational therapist who can help you become more independent, discuss things like school, careers, even driving with you and things like relaxation and confidence building!

Bernadette Johnson, Rosanne Wilshire and Jan Scott are physiotherapists who can help discuss interesting and enjoyable ways of keeping fit and healthy - even if you have joint problems!

Nicky Freeman and Pam Whitworth are the nurse specialists who can help discuss anything else! - like learning to look after your own medicines, about blood tests etc

BCH is a teaching hospital and occasionally there are students in clinic. You will always be asked if you mind them sitting in the consultation. If you would rather they didn't please do not hesitate to say so.

Where are the clinics?

They are held in the Main Outpatients. While you are waiting, check out the bookshelf and make comments in the suggestion book - we would appreciate your help in improving clinics! There is also a bimonthly adolescent newsletter - contributions gratefully received!



Can I contact the Rheumatology Team Myself?

Yes - most definitely. We actively encourage young people to contact the team themselves rather than depend on their parents to do so. See the Rheumatology Direct Leaflet for further details.

You may also find the Adolescent Rheumatology website useful:

www.dreamteam-uk.org

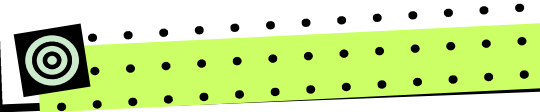
We hope you find the transition through the Rheumatology clinic positive and exciting. See you there!



Transition in the Rheumatology Clinics

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▶ A Guide for Young People



► Transition in the Rheumatology Clinic

The purpose of transition is to give you the skills you need to feel confident in taking charge of your own healthcare. For example, you will be encouraged to see the doctor and/or other members of the team on your own for all or part of the visit, to begin to look after your own medication and become more involved in decision-making about your treatment.



Why Bother?

Research has shown that when young people and their carers first make the move or *transition* from paediatric to adult health-care services, they can feel nervous about the change. But when they are well prepared for this move, they find it easier to cope in the new situation. The clinic is also a safe place to start practicing talking to professionals on your own - skills (and confidence!) useful for future jobs and careers.

Do I have to go in and see the doctor on my own on my first visit?

No, you don't but it is important to know you can whenever you want, whatever your age. Remember this is a gradual process. At the



first visit the doctor will probably ask you some questions. He/she may ask about your medicines, your school, what you want to do when you leave school or generally how you are. You may be given something to do/think about, before the next visit eg make your own clinic appointment, know what medicines you are taking as well as think up some questions for the next visit. By doing this you and your parents/carers will gradually develop confidence in your ability to take charge of your own healthcare.

Will my parents/carers still be able to see the doctor if I go in on my own?

Yes. Sometimes they too can find it strange waiting outside for you but they will still have the opportunity to see the doctor if they want to, usually at the end of your visit.

What if I want to ask the doctor something I don't want my parents to know about?

That's Okay. Whatever you say to the doctor is strictly confidential and will not be passed on to your parents or carers without your permission. The exceptions to this are - if you and/or other people are at risk of serious harm. If this is the case, the health professional will then discuss with you who will be told, why they need to be told and how. As we work as a team in adolescent rheumatology, it may be necessary for individual staff to

discuss your issues with other team members. If you do not wish any information to be shared, you will need to let the professional know.

Is there anything I need to bring with me?

Yes! If you prefer, please bring a T shirt and pair of shorts or loose-fitting trousers to be examined in. Write down any questions you want to ask in clinic (it is easy to forget them!) as well as a list of your medicines. Finally please bring a morning urine specimen with you - this is usually to make sure your medicines aren't affecting your kidneys. When you arrive your weight, height and blood pressure will be measured. You will also be asked to complete a simple health assessment questionnaire to see how much your condition is affecting your day-to-day life.

Can I ask to see a particular doctor if I want?

Certainly, we will try to arrange this if possible. Sometimes seeing the same doctor helps make you feel more confident especially if you have started to come in on your own. This may mean you have to wait a bit longer - so bring something to do while you are waiting!!

