



Tips for a Successful Visit

To help make your visits to adult rheumatology clinic useful and enjoyable it helps to be well-prepared! Before your first visit, you might find it helpful to consider the following checklist:

- Remember your appointment card which tells you exactly where to go
- Make a list of questions the night before, so you don't forget anything!
- Make sure you tell the doctor about any concerns or worries and to ask for anything you feel you need e.g. referral to therapists or orthotist.
- Remember to include any of your parent/carer questions/concerns
- If you don't know them off-by-heart, you might want to take a list of your medications and their doses
- You could take a pen and notebook to record the doctors answers
- You might want to take a t-shirt and shorts in case you need to be examined
- Don't forget a book/MP3 player to prevent boredom when waiting!

Remember this is
YOUR appointment so
make sure you get what
you want from it!

Department of Rheumatology

Consultant	0121 333 8208
Specialist Nurse	0121 333 8219
Occupational therapy	0121 333 8213
Physiotherapy	0121 333 8221

Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact **PALS (Patient Advice and Liaison Service)** on **(0121) 333 8403/8611**.

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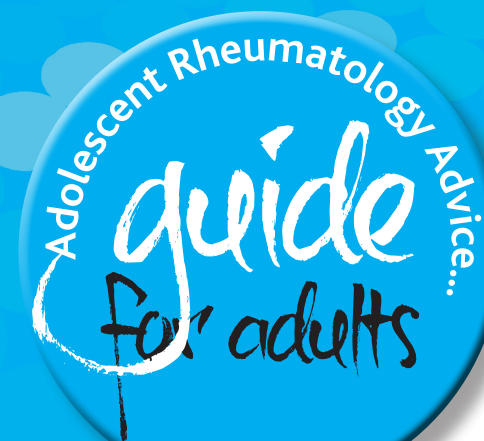
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Adult Rheumatology Clinic

Some young people with rheumatic conditions will continue to need rheumatology care once they become adults. The transfer to adult care usually happens between the ages of 16 and 18.

Although you may feel a little anxious about this at first, there's no need to worry, as moving to adult care is similar to other changes (transitions) you've already made in your life, for example, moving from primary to secondary school. Initially moving can feel a bit challenging, but you will soon see it's just different! Things to consider.....

- You may not see many other young people there, as adult arthritis usually affects people who are middle aged or older
- Many of the other patients will have arthritis but usually not JIA
- You may be seen less frequently than in the Adolescent clinic
- Clinic visits may be shorter – you need to learn to make the best use of your time to get all your questions answered
- You may not be able to see the same doctor every time – a Consultant adult Rheumatologist often has to look after many more patients than an Adolescent Rheumatologist

Adult Rheumatologists will...

- Expect to meet with you alone, or, if you would prefer, with a person of your choice e.g. your family/partner /friend
- Ask you questions about your condition and health. This may seem like repetition, but they do need to get to know you and about your condition. The Adolescent-
- Team will have sent a summary to them, but you will get a new set of notes at the new hospital - your old ones will stay at the Children's Hospital
- Expect you to know about your medications and past treatments
- Expect you to take responsibility for your care, treatments (as you are able) AND keeping appointments!
- Ask for your opinion and ideas in planning your care
- Ask for your consent to carry out treatment and procedures.
- Expect YOU to speak up for yourself

Questions about adult care...

- If you are starting to wonder what will happen to your rheumatology care when you leave the Children's Hospital or move away from home, you might want to consider asking the team some of these questions:
- Am I likely to need to be transferred to an adult rheumatologist when I am older? If the answer is YES:
- When is this likely to be?
- Which adult rheumatologist am I likely to move to?
- Where is their clinic?
- How often will I be seen in an adult clinic? By whom?
- What types of patients do they specialise in caring for?
- Can I go for an informal visit first?
- Do they have any OT's, physio's and nurses as part of their team?
- How do I contact them if I am unwell or need some advice?
- What ward will I be admitted to if I need an admission?
- What will be the arrangements for joint injections when I move to adult care?
- English is not my first language, will I have access to an interpreter?



1 in 3 people in Birmingham suffer from Arthritis or inflammatory conditions

At any given time 1 in 1000 children will also suffer from Arthritis

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