NHS
Gloucestershire Hospitals
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Paediatric and Adolescent Rheumatology Service

Introduction

The paediatric and adolescent rheumatology team diagnose and treat joint, muscle and bone disorders. We work closely with the Bristol Royal Hospital for Children.

This leaflet gives you information about the clinics and the conditions we diagnose and treat. It also lists the services that are available to you and to introduce you to members of the team.

Clinics

We run 8 paediatric rheumatology clinics each month. At your appointment, you may see different members of the team, such as a doctor, nurse, physiotherapist or occupational therapist. They work together to help diagnose and treat your condition.

When you are called in for your appointment, a doctor or another member of the team will ask you about your aches and pains. They may also examine your joints.

It can help to write down any questions before your appointment. This means you will not forget to ask them.

After your clinic appointment, you may need to see other members of the team, such as the rheumatology nurse specialist, occupational therapist or physiotherapist.

Sometimes, the doctor may ask you to have a blood test or scan to check your condition. This may be done on the same day, or we may send you another appointment.

Conditions we diagnose and treat

- Juvenile idiopathic arthritis - including the different types: systemic arthritis, oligoarthritis, polyarticular arthritis, psoriatic arthritis, enthesitis-related arthritis and undifferentiated arthritis
- Connective tissue diseases
- Juvenile dermatomyositis
- Hypermobility
- Raynaud's syndrome
- Joint pain
- Uveitis

The team includes:

- Paediatric Consultant with an interest in rheumatology
- Paediatric Rheumatology Nurse Specialist
- Paediatric Occupational Therapist with an interest in rheumatology
- Paediatric Physiotherapist with an interest in rheumatology
- Paediatric Rheumatology Team secretary

Consent

If you are under the age of 16, your parents or carers still have responsibility to give permission for your care. Decisions about your treatment will be made with you, your parents or carers and your doctor.

Confidentiality

On rare occasions, it may be necessary to share information if we are concerned about your safety or the safety of others.

Transition to adult services

This takes place when you are 16 or 17 years of age and helps you feel confident to manage your healthcare.

Ready Steady Go Programme
Website: https://readysteadygo.net



Contact information

Paediatric Rheumatology Nurse Specialist
Tel: 0758 093 1230
Monday to Wednesday 09:00 am to 5:00 pm

Paediatric Rheumatology Team Secretary
Tel: 0300 422 3871
Monday to Wednesday 09:00 am to 05:00 pm

Further information

You can find more information about arthritis and rheumatology by visiting the following websites. You can type the website address into your internet browser or scan the QR codes below.

Juvenile Arthritis Research (JAR)
Website: www.jarproject.org

Versus Arthritis
Website: www.versusarthritis.org

CCAA (Kids with arthritis)
Website: www.ccaa.org.uk

Juvenile Idiopathic Arthritis (JIA at NRAS)
Website: https://jia.org.uk

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Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.



1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

***Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85

AQuA Advancing Quality Alliance

Right Care Shared Decision Making Programme

NHS https://aqua.nhs.uk/resources/shared-decision-making-case-studies/

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