

- ▶ Asking questions will help us to understand your symptoms, the difficulties they cause you and how this affects your life, such as when you are in school, at home, and socially.
- ▶ We may type on the computer whilst you talk, to help us to remember all the things which you say.
- ▶ After the appointment has finished and you have gone home, the team will consider our thoughts and put together our ideas.
- ▶ There will be time for discussion as we will be keen to hear your thoughts as to how we may best move forward, however it may be that one of us phones your family with the next few days, to share our thoughts and ideas.



If you have any queries, please feel free to contact the Rheumatology Pathway Co-ordinator;

Catherine Sumner on: 0151 282 4521

This leaflet only gives general information. You must always discuss the individual examinations of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's examinations.

This information can be made available in other languages and formats if requested.

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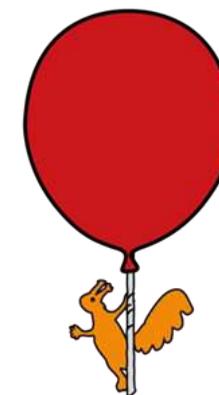
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Alder Hey Children's
NHS Foundation Trust

Rheumatology Therapies Clinic



Information for patients
and your family

What is a Rheumatology Multidisciplinary Team (MDT)?

- We are a specialist team of Doctors, Nurse Specialists and Therapists, who help children and young people with long-standing (chronic) health difficulties.
- You have been referred to the Rheumatology Therapies Clinic because a member of the MDT team feels that the needs which you have may be best assessed by meeting a team of us altogether.



Aims of the clinic

- ❖ To discuss with you and your family how your particular problem(s) are currently affecting you, including at home, school and socially
- ❖ To think with you about how your needs may best be met and how you may be supported to manage your symptoms and feel more in control
- ❖ We will ask about things you've tried in the past, like medications & strategies
- ❖ Some of the team may see you again, or we may redirect you to a more appropriate service

Who may you see at the clinic?

The clinic is made up of the below team members. You will meet some of us during your clinic appointment, but not everyone may always be there.

Clinical Psychologist

Occupational Therapist

Physiotherapist



Why do we work in a multidisciplinary team?

It may sound a bit scary coming to talk to a few people at once, however we have found that this is one of the best ways to work with children and young people.

This is because we may ask similar questions, and it avoids you having to repeat yourselves to lots of people.

Chronic health difficulties, for example chronic pain, are often influenced by a variety of factors, therefore we use a combination of psychological approaches and physical therapy to improve symptoms.

Having a range of professionals involved initially means that we can provide co-ordinated help and advice for your needs.

What will happen at the MDT clinic?

- ▲ You will meet the team at the same time, we will all be in the room when you arrive.
- ▲ Your appointment will last for up to 1 hour.
- ▲ During this time we will ask you a few questions. Everyone has a different job and may ask you slightly different questions. We only ask you to do your best when trying to answer.

