

Rheumatology Department

Rheumatology Multi-Disciplinary Team (MDT) – who is in the team?

Information for young people, parents and carers

The Rheumatology team works together to help young people who are being seen within the rheumatology service at Alder Hey Children's hospital. The team is made up of people who have many different roles such as doctors, nurses, physiotherapists etc. Not all patients will need to meet everyone in the team. Below is a list of who is in the team, what their jobs are and how they can be contacted.

The Pathway Co-Ordinators for Rheumatology

The Pathway Co-Ordinators for rheumatology are the first point of contact for the rheumatology team. They are able to liaise between parents/families and the clinical team to ensure that any concerns are addressed appropriately. They can give advice on administrative queries. Pathway Co-Ordinators are aware of outpatient appointment availability. They can rearrange or request a sooner appointment if a parent raises increased concerns about their child's condition. They will always consult with the clinical team in relation to clinical queries from parents and families to ensure that the best possible advice and plan is provided for each child.

- **Pathway Co-Ordinators**
Catherine Sumner
Sarah Ferguson
- **Tel: 0151 282 4521**
Email: rheumatology@alderhey.nhs.uk

Paediatric Rheumatology Consultants

Paediatric rheumatology consultants are specially trained doctors who are experts at helping children and young people with rheumatological conditions. You might meet with your doctor in clinic appointments or on the ward. They may examine you and talk to you and your parents about the difficulties you have been experiencing. This will help them to work out the best treatment plan to help you. Treatment can include a number of things including

- taking medicines,
- doing special exercises recommended by a physiotherapist,
- getting help and advice on daily activities from an occupational therapist, or
- talking to people who can help you cope with things in your life (psychologists).

The rheumatology team here at Alder Hey are involved in doing research studies to help us to learn more about different conditions and the treatments that might help. Your doctor or specialist nurse may discuss this with you. You will see your consultant and / or a member of the rheumatology team at clinic appointments.

There are also junior doctors (doctors in training) who are part of the team who may see you in the ward or in clinic.

- **Consultant Paediatric Rheumatologists:** **Professor Michael W Beresford**
Professor Christian Hedrich
Dr Clare Pain
Dr Gavin Cleary
Dr Liza McCann
Dr Kamran Mahmood
- **Tel: 0151 282 4811** (*rheumatology pathway coordinators*)
- **Email: rheumatology@alderhey.nhs.uk**

Rheumatology Nurse Specialists

Rheumatology Nurses

The Rheumatology nurses at Alder Hey are there to support patients and families when a rheumatology diagnosis is given (for example Arthritis or other inflammatory conditions such as Lupus, Juvenile dermatomyositis (JDM), Scleroderma, Vasculitis and Bechet's). The nurses are there to provide disease and medication advice and offer support whenever necessary.

The nurses may have contact with patients in different ways:

- During Nurse-led urgent clinics where patients who might be experiencing a 'flare' in their symptoms, can be seen quickly
- In Consultant-led clinics.
- When providing joint injections (under sedation)
- Via the daily nurse telephone clinic (providing advice to patients, families, GP's, community nurses and other relevant agencies)
- By email (see addresses below).
- Reviewing patients attending hospital for treatment on the Medical Day Unit to assess their needs

- **Rheumatology Nurses:** **Jane Kelly**
Susan Wadeson
Jill Heath
- **Tel: 0151 293 3556**
- **Email:** rheumatology@alderhey.nhs.uk
Jane.kelly@alderhey.nhs.uk
Susan.wadeson@alderhey.nhs.uk
Jill.heath@alderhey.nhs.uk

Chronic Fatigue/Pain Nurse Specialist

Nurse Specialists support children with a range of difficulties including chronic fatigue, chronic musculoskeletal pain and medically unexplained physical symptoms. They will work with you and your family to help you to stay healthy. This may involve supporting you to stay in school or return to school or to manage symptoms such as difficulties with sleeping. You might find it helpful to talk to the nurses about things that you may be finding difficult. They may support you with transition and looking after your health as you get older.

- **Chronic Fatigue/Pain Nurse Specialist:** Carol Lydon
- **Tel: 0151 293 3544**

Pharmacist

A pharmacist is here to help you use and understand your medicines better. Pharmacists can give advice on how your medicines work. They can also explain about possible side effects, how to store medicines and many other medicine-related questions that may need answering. The contact details for Tavi, our lead Rheumatology Pharmacist are below.

- **Lead Rheumatology Pharmacist:** Octavio (Tavi) Aragon Cuevas
- **Working days for Rheumatology:** Mondays and Tuesdays
- **Tel: 0151 282 4811** (*via rheumatology pathway coordinators*)
- **Email:** octavio.aragon@alderhey.nhs.uk

Occupational Therapist

Occupational therapists help you in a number of ways; they can help you to manage difficulties related to your rheumatology condition that might be making it hard for you to do everyday tasks (like playing, school work, personal care activities and helping out at home). Occupational therapists may give you ideas to help you during flare ups of your condition or regarding long term management of your activities of daily living. They may help you to learn new skills or to do things in a different way. This might help you to do more things by yourself or without needing as much help from other people.

- **Rheumatology Occupational Therapists** Katie Dobson
Jennifer Allen
- **Tel: 0151 252 5236**

Physiotherapist

Physiotherapists help to manage lots of different conditions including inflammatory difficulties, musculoskeletal conditions, pain, hypermobility and chronic fatigue. They particularly focus on helping with movement and improving pain. They can help you to feel stronger and support you to do daily activities (like playing and going to school).

You may see a physiotherapist in the physiotherapy department, as an inpatient or in out-patient clinics.

- **Physiotherapists:** **Susan Kemp**
Jenny McDonald
Jo Dimmack
- **Tel: 0151 252 5236**

Extended Scope Practitioner

Within the rheumatology team, the extended scope practitioner runs the General Anaesthetic joint injection list. This is where a doctor has decided to treat a young person by injecting a joint directly with medicine. This procedure happens in a surgical Theatre and the patient would be put to sleep using a general anaesthetic. Many of the injections are performed using an x-ray for guidance.

The extended scope practitioner also runs a clinic in out-patients for children with mechanical joint pains.

- **Extended Scope Practitioner** **Ian Roberts**
- **Tel: 0151 282 4811** (*via rheumatology pathway coordinators*)

Play Specialist

Play Specialists are trained to support children and young people who are in hospital or who need medical treatment. They can help you to find ways to cope with treatment or procedures you might need. Some of the things they can help with are helping you to relax, finding way to take your mind off things (distraction), and supporting you to ask questions.

- **Research Play Specialist:** **Jackie Glover**
- **Tel: 0151 252 2027/2744**

Clinical Psychologist

Clinical Psychologists are trained in understanding how people think, feel, behave and relate to each other. They are there to support you or your family with any worries or concerns you may have to do with living with a rheumatology condition. This may include the impact of your health on the day to day things you may wish to do, how you feel about your condition, taking medications, being with friends, attending school, etc. A clinical psychologist may be present at your clinic appointment. They are also available for individual appointments if needed.

- **Clinical Psychologists:** **Dr Sally Bell**
Dr Jody Etheridge
Dr Emily Wilson
- **Tel: 0151 252 5586/5879**

Blood Clerk

The Blood Clerk works closely with the nursing team. They provide information on when blood tests are due. They also book tests and contact families either by telephone, text or letter to remind them to attend for their blood tests. The Blood Clerk reviews results and can highlight to the nursing team any changes to results from previous visits. This is important for making sure that appropriate action is taken and information is communicated to the parents and families.

- **Blood Clerk** **Susan Newell**
- **Tel: 0151 282 4521**

Database Manager

The database manager is responsible for the creation and management of the Rheumatology Database. They are able to use information from the database to produce reports and provide specific data for team members.

- **Database Manager** **Sarah Ferguson**
- **Tel: 0151 282 4521**

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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