



# Transition in the rheumatology service

A guide for young people

## 1 One-stop shop clinic

This clinic is for children from birth to about 12 years old. You will attend appointments with your parent/carer to discuss any problems you are having with your joints and muscles, or any other problems you have due to an inflammatory condition.

### **Who will I see at this clinic?**

You might see a few different healthcare professionals, to avoid the need to come to the hospital for lots of appointments.

You will usually see a rheumatologist and, if required, the following health professionals:

- clinical nurse specialist (CNS)
- physiotherapist
- occupational therapist
- ophthalmologist (eye doctor)
- radiologist (doctor specialising in x-rays)
- phlebotomist (clinician who takes blood)

You may be at the hospital for a while, so make sure you bring a book and a drink with you.

### **When and where is the clinic?**

Where: Penguin Outpatient Unit, 3<sup>rd</sup> Floor, staircase C, South Wing, St Thomas' Hospital  
When: Every Wednesday (9am to 1pm).

#### **Helpful tip**

Write down any questions you want to ask. You might forget them once you are there.

## **2 Adolescent clinic**

This clinic is for young people from about 13 years old. At this clinic you get the chance to take more responsibility for your health. Your parent/carer is still responsible for you, but we will be helping you to learn how to manage your condition independently as you become an adult.

### **Who will I see at this clinic?**

You will usually see a rheumatologist and possibly the CNS, physiotherapist and occupational therapist. You may also meet a rheumatologist from the adult service. If you need to see any other health professionals, a separate appointment will be made.

### **When and where is the clinic?**

Where: Ocean, Evelina Children's Hospital  
When: the second and fourth Thursdays of each month (4pm to 8pm).

### **How is this clinic different to One-stop?**

We will encourage you to come into the appointment by yourself, so you can discuss your health, your treatment and can ask your own questions. Your parent/carer will then be invited into the appointment to share any information they think is important, ask their questions and agree with your care. If we forget to invite you in on your own, please tell us.

#### **Helpful tip**

Bring shorts with you so that the clinicians can look at your joints easily.

### **3 Young adult clinic**

Some young people with inflammatory conditions will continue to need care when they become an adult. The transition to adult care happens at about 18 years of age, when you feel confident to manage your condition, treatments, tests and appointments. Young adults attend this clinic until they are about 25 years old.

#### **Who will I see at this clinic?**

You will usually see a rheumatologist. If you need to see any other health professional a separate appointment will be made.

Members of the rheumatology department at Evelina London Children's Hospital (RhEve) and adult team jointly run this clinic, to support your journey to independently managing your health.

#### **When and where is the clinic?**

Where: Rheumatology and Lupus Department, 4<sup>th</sup> Floor, Tower Wing, Guy's Hospital.

When: the first Thursday of each month. (3.30pm to 7pm)

#### **How is this clinic different to adolescent?**

It is just in a different location. You are still able to attend the appointment on your own, and you can have a parent/carer/relative/friend attend with you if you want.

#### **Helpful tip**

Always bring a list of your medications and your last blood test results.

## What is transition?

Transition describes the process of planning, preparing and moving from children's services to adult services. Timing of transitioning varies from person to person, but the process usually starts at about the age of 12 and ends at about 18.

It can be a scary time, thinking about changing to a new team, and even the clinic you know and are used to, but it does not happen suddenly. We will work with you so you feel ready. It is also an exciting time. It is a sign that you are becoming more independent, and responsible for your own health.

## What is consent?

We want to involve you in decisions about your care and treatment.

Consent for your treatments will be a joint decision between you, your parents and the health professionals. This means that you need to understand your condition, its treatment, the risks and benefits so that you can make an informed decision.

## What is confidentiality?

We provide a confidential service. This means that when you tell us something, it will be kept private, unless you give us permission to share\*. You can ask us questions or tell us things that you cannot or do not want others to know about. Our discussions may not be directly related to your condition, it could be about school, relationships or your general health.

\*The only time we will break this rule is if we are worried that you or someone else are at risk of being hurt. If we do have to speak to someone we will always talk to you about it.

## Contact us

RhEve Helpline, **t:** 07918 338768

**e:** [RhEve@gstt.nhs.uk](mailto:RhEve@gstt.nhs.uk)

Adult rheumatology and lupus nurse helpline, **t:** 020 7188 5896

Youth Worker **t:** 07771 982860

**e:** [YPF@arthritiscare.org.uk](mailto:YPF@arthritiscare.org.uk)

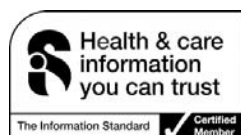
For more leaflets on conditions, services, and procedures offered at our hospitals, visit [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003 10am to 5pm, Monday to Friday

**e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)



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