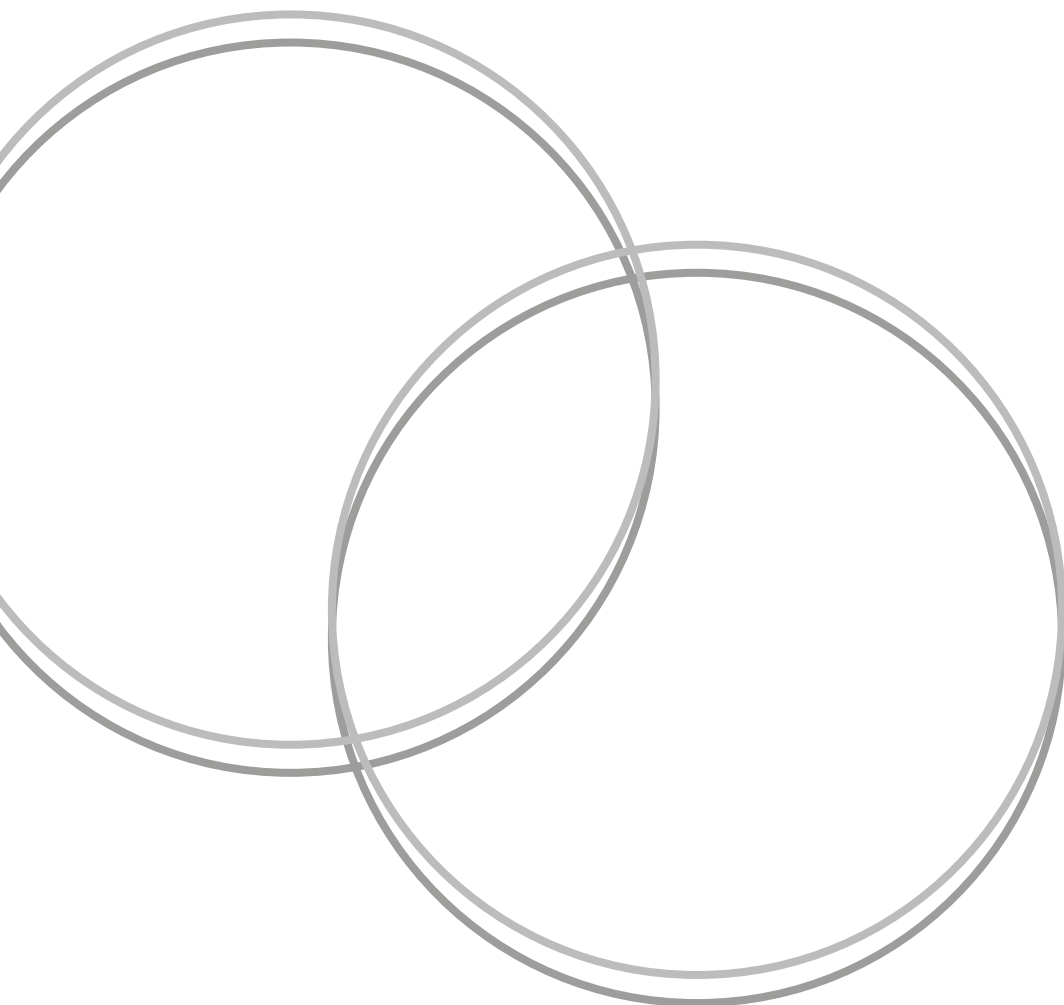


# Rheumatology Clinics for Young People

Information for patients



This leaflet aims to provide information on the “17 to 20 Rheumatology Clinic” and an overview of the different rheumatology clinics available for young people at the Oxford University Hospitals NHS Foundation Trust.

The 17 to 20 Clinic gives an opportunity to young people with rheumatology concerns to meet both paediatric and adult healthcare professionals and allow a smooth transition to adult services.

The clinics for young people run in the rheumatology service are:

- Adolescent Clinic.
- 17 to 20 Clinic.
- Young Adult Clinic.

## **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/carers 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 and this means that when you tell us something, it will be kept private, unless you give us permission to share. 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 first.

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.

## **Adolescent clinic**

This clinic is for people from around 12 years old to about 17 years old. The aim of this clinic is for you to learn how to manage your condition independently as you get older and begin to take more responsibility for your health. During this clinic, we will measure your weight and height, as well as your blood pressure and ask for a urine sample. You will be handed questionnaires to complete, to help with our assessment. Other tests and procedures may be advised and can sometimes be carried out on the day. This will be discussed with you in clinic.

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

You will often see multiple health care professionals at a single visit, which can take some time and will not always be exactly at the time your appointment is booked. Professionals include: paediatric rheumatology doctors, ophthalmology (eye) doctors, clinical nurse specialists, physiotherapists, occupational therapists, psychologists and play therapists.

### **How is this clinic different to the paediatric clinic?**

We will encourage you to come into the appointment by yourself initially, slowly building up the time you spend with the clinician alone, as you are comfortable.

At the end of this visit, you will feed back to your parent about your progress and plans. Your parent/carer will then be invited into the appointment to discuss any information they think is important, ask their questions and agree with your care.

This means that by the time you are ready to transfer to 17 to 20 clinic, you can do the whole consultation independently.

### **“Ready, Steady, Go” programme**

This is a programme that will guide you through your journey towards adult care, to gain knowledge and skills to manage your condition. It is a self-assessment questionnaire which highlights areas where help and support is needed. You can discuss this with any member of the team.

## **What is the rheumatology 17 to 20 clinic?**

This clinic is for people between the age of 17 and 20. It is designed to enable you to take more responsibility for your own health and wellbeing and encourage independence, provide holistic care and discuss recreational activities.

You will be usually seen alone, as being seen without your parents / carers present allows you to discuss any questions you might have, which may or may not be related to your condition. This clinic is located in the adult outpatient department.

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

There are different members of the team that work in this clinic. These are:

- rheumatology doctor
- specialist nurses (paediatric and adult)
- physiotherapist
- occupational therapist.

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

**Where:** Outpatient Department, Ground Floor, Nuffield Orthopaedic Centre, Windmill Road, Oxford, OX3 7LD

**When:** Every first Tuesday and third Monday of the month

## **“Hello to adult services” programme**

This is a programme that will be usually started in the 17 to 20 Clinic to help you gain knowledge and skills to manage your condition and make you feel supported through the process.

The team will help you manage your condition, learn about your treatment, gain the confidence to ask questions and be involved in decisions about your care. We will also advise you on when and where to get help in an emergency and how to stay informed about your condition through support networks.

## Young adult clinic

Some young people with inflammatory conditions will continue to need care when they become an adult. Young adults attend this clinic until they are about 25 years old. This clinic is designed to provide you with more autonomy and prepare you manage your condition once you move to the adult services.

### Who will I see at this clinic?

You will usually see a rheumatologist. Members of the rheumatology adult team run this clinic, to support your journey to independently manage your health. 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.

### What to bring

For all of our rheumatology clinic appointments, please bring:

- any notes about matters you would like to discuss or questions you have
- a list of medications you take
- blood test results and/or blood monitoring card
- shorts to wear when you are examined and a loose-fitting top.

### Useful information and resources

**Arthur's Place:** An online magazine and social network for young adults aged 18 to 35 living with arthritis. You will find facts, helpful tips and tools, as well as members' posts and photos.

Website: [www.arthursplace.co.uk](http://www.arthursplace.co.uk)

**Oxford Paediatric and Adolescent Rheumatology Centre (OxPARC):** Website: [www.ouh.nhs.uk/oxparc](http://www.ouh.nhs.uk/oxparc)

**JIA-at-NRAS is part of the National Rheumatoid Arthritis Society:** Website: [www.jia.org.uk](http://www.jia.org.uk)

**National Rheumatoid Arthritis Society (NRAS):**

Website: [www.nras.org.uk](http://www.nras.org.uk)

**Versus Arthritis:** Website: [www.versusarthritis.org](http://www.versusarthritis.org)

## Contact us

You can use the contact details below if you have clinical queries or if you need to change or cancel your appointment. We would encourage you to be the one to make contact with us in the first instance. If you are over 18 years old and your parents or carers make contact instead, we will still need your permission to speak to them.

### **Paediatric rheumatology advice line**

Telephone: 01865 737 656

Email: [cns paedrheum@ouh.nhs.uk](mailto:cns paedrheum@ouh.nhs.uk)

### **Adult rheumatology advice line**

Email: [ouh-tr.rheumatologynurses@nhs.net](mailto:ouh-tr.rheumatologynurses@nhs.net)

### **Admin queries**

Telephone: 01865 737 871

Email: [rheumatology.noc@nhs.net](mailto:rheumatology.noc@nhs.net)



## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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