

About the paediatric rheumatology service

Patient information factsheet

The paediatric rheumatology team at Southampton Children's Hospital aims to support children and families with all aspects of rheumatology care. In particular, we help you to achieve and maintain the best possible health and well-being throughout your lives.

This information pack aims to provide you with some guidance. If there is any further information you require please, don't hesitate to ask the team.

Clinic appointments

A member of our team will see you regularly at a clinic review to monitor your child's progress, examine them and ensure they are getting the correct plan of care.

If you have concerns for your child in between appointments, please contact the patient line and we can review your child as required.

Eye review

Children with juvenile idiopathic arthritis (JIA) require regular eye reviews, due to the risk of uveitis (see sheet included). You will have appointments with our hospital orthoptic consultant, Miss May, approximately every three or four months.

Some appointments will be a joint rheumatology and orthoptic review.

Inpatient care

If your child has an acute flare of their disease (by this we mean swelling of joints) they may need to be admitted to our paediatric day ward for treatment. Here, you will be seen by a member of our rheumatology team for treatment, which may require a general anaesthetic. You will also see the paediatric nurses who are based on the ward.

Physiotherapy

Children with JIA may need physiotherapy to help build strength and mobility and control pain. If a member of the team feels your child would benefit from physiotherapy, a referral will be made.

Blood tests

During your initial reviews a blood test may be needed to help with diagnosis and treatment. This can obviously be scary for children.

We are proud to have an expert team of phlebotomists who are based in the butterfly room. These are experts in taking bloods from

children, using distraction and reassurance techniques and with rewards once completed.

The type of treatment your child has will determine how often they need blood tests.

Medication

Treatment varies depending upon the activity of the disease. This will be discussed regularly at your child's clinic review.

We provides education sessions on various treatment methods to ensure parents have full knowledge of their child's treatment.

If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone **023 8120 4688** for help.