
Ankylosing Spondylitis Service

Ankylosing Spondylitis (AS) can be a persistent and troublesome condition. It can have a big impact on your life, affecting your day-to-day activities and also your family and friends. AS can take a different course in different people and no two cases are exactly the same. The symptoms may come and go over a period of time and you may suffer 'flares' of the condition.

At Poole Hospital NHS Trust, people with AS are normally seen in the **AS Clinic** that is run by the **Senior Rheumatology Practitioner and the Physiotherapist**. The aim of the service is to provide support and care of the best standard for our patients.

Rheumatology Practitioners are specialist nurses and physiotherapists. They have been trained to a high level to look after every aspect of your condition. They work closely with the Consultant Rheumatologists, **Dr Paul Thompson and Dr Selwyn Richards**, and the other Rheumatology Physicians. The Senior Rheumatology Practitioner is Tricia Cornell and the physiotherapist is Jane Haynes. Sometimes the service is covered by the Rheumatology Practitioners and they are:

Anne Trehane
Sarah Wright
Sue Benjamin
Julia Taylor
Joy Christopher

When you come to clinic you will be seen by the Rheumatology Practitioner who will assess your AS and monitor your treatment.

The Rheumatology Practitioner is able to discuss and advise regarding many aspects of your AS. These include flare-ups of your condition, drugs, exercise, practical problems of day-to-day activities, family problems, financial worries, work problems and social benefits. They can also order blood tests and X-rays, as well as refer you for help from physiotherapy, occupational therapy, appliances, podiatry (chiroprody), social workers and social services. Please feel free to ask us any questions that you have.

Education and Groups

When you come to the RFU clinics the Rheumatology Practitioner will try to give you as much information as you would like about your AS and available treatments. Please feel that you can ask us about your condition. The more informed you are, the more easily you can manage your AS and get on with living your life.

We run an AS group on Thursday evenings in the physiotherapy department which encourage you to participate in regular exercise and allow you to meet other people with AS. If you would like to come to this group please ask us.

Rheumatology department Patient Information

The Rheumatology Advice line

Problems with AS do not occur just when you come to clinic! We run a telephone line called the Rheumatology Help-line as a way of providing more support for our patients. If you have problems with your AS or are worried about possible side-effects of your treatment, you can contact the Rheumatology Practitioners on the number below. An answerphone will take your message if we are in clinic and we will call you back as soon as possible.

Contact Details

If you have any further questions or need advice about your treatment phone the Rheumatology Advice line on

01202 442849.

www.poole.nhs.uk/our_services/rheumatology.asp

For further health-related information, please contact:

The Health Information & Resource Centre

Poole Hospital NHS Foundation Trust

Longfleet Road

Poole

BH15 2JB

Telephone: (01202) 448003

Rheumatology Practitioners

January 2008. Date of Review February 2010

Rheumatology Department, Poole Hospital NHS Trust

Dr. P. Thompson, Dr. S. Richards

We can supply this information in larger print, on audiotape, or have it translated for you. A member of staff will be happy to discuss this with you. Please call PALS on 01202 448499 or the Health Information Centre on 01202 448003 for further advice