

Useful links

NHSinform	www.nhsinform.scot
National Rheumatoid Arthritis Society	www.nras.org.uk
Versus Arthritis	www.versusarthritis.org
Arthritis Care	www.arthritiscare.org.uk
Psoriasis Association	www.psoriasis-association.org.uk
National Ankylosing Spondylitis Association	www.nass.co.uk
British Sjogrens Syndrome Association	www.bssa.uk.net
Scleroderma and Raynauds Association	www.sruk.co.uk
Lupus UK	www.lupusuk.org.uk
National Osteoporosis Society	nos.org.uk
Paget's Association	www.paget.org.uk
NICE	www.nice.org.uk
Pain Association Scotland	www.painassociation.com

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk/feedback or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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Written by: Rheumatology Service, Western Isles Hospital.

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Rheumatology Service



Information and advice on the Rheumatology Service in the Western Isles

Rheumatology is the term used which covers the diagnosis, care and treatment of a wide range of conditions which affect the joints and surrounding tissues.

This includes arthritis, connective tissue and autoimmune diseases, and long-term conditions that can severely impair mobility and movement if left untreated.

Clinics offered

The Rheumatology Service offers clinics on a monthly basis, with the aim of identifying and treating new patients with inflammatory disease and providing ongoing clinical support for patients already known to have a rheumatological condition.

Our clinics are mainly face-to-face, but we also offer the option of video-linked clinics using 'NHS Near Me'.

Consultant Rheumatologists

Dr Nmasinachi Campbell and Dr Martin Perry

Rheumatology Clinical Nurse Specialist

The Rheumatology Nurse Specialist has specialist experience in looking after your physical, emotional and social needs, and offers:

- information and support to help you learn more about your condition to reduce any anxiety and fear you may be feeling
- information and support to help you manage your symptoms and work with you to reduce their impact
- assist you in managing drug treatments, ensuring you are fully involved in your

treatment and able to manage any possible drug side-effects

- expert help and support to improve your mood and discuss how to minimise the emotional impact of your condition.

Patients can be referred to the Rheumatology Nurse Specialist when a diagnosis has been made by their Consultant Rheumatologist and an agreed treatment plan is in place. Referrals can also be made by a GP or Allied Health Professionals.

Contact: Alison Maciver, tel: (01851) 704704 ext. 2252 or email: alison.maciver2@nhs.scot

Rheumatology and Hands Conditions Occupational Therapist (OT)

The role of the Rheumatology and Hands Conditions OT is to help you to maintain or regain your independence in daily life including home, leisure and work activities. Various interventions may be done to achieve this, such as:

- offering practical advice on how you can overcome everyday problems
- making everyday activities easier by providing/ advising about specialist equipment
- offering advice about employment and leisure activities
- discussing your condition with you and what you can do to help yourself
- suggesting hand assessment/hand exercises
- providing splints to rest or support painful or unstable joints
- providing joint protection advice
- providing advice on managing fatigue
- preventing loss of function
- providing advice about relaxation techniques.

Patients may be referred by any member of the multidisciplinary team or you can self-refer by either telephoning or calling into the OT Department to complete a self-referral form.

Contact: Occupational Therapy Department, tel: (01851) 822847 or email: wi.otwesternisles@nhs.scot

Physiotherapy

Our physiotherapists are based in the Western Isles Hospital. We also have a weekly clinic in Tarbert at North Harris Medical Practice and offer video-linked clinics using 'NHS Near Me'.

Physiotherapists are able to advise you on safe physical activity. It is well known that keeping muscles strong and joints moving is very helpful for people with rheumatological conditions.

Keeping active can improve symptoms, including pain. Activity is also very important for the health of your heart and lungs. The physiotherapist will work with you to make sure you are exercising at a level that is right for you.

Contact: Physiotherapy Department, tel. 01851 708258 or email: wi.physio@nhs.scot

Podiatry

Podiatrists provide care, diagnosis and preventative treatment of foot and lower limb problems, working with patients to achieve their optimum mobility and independence of movement. We offer a range of treatment programmes, including self-management strategies.

Contact:

- Tel. 01851 708285 Mon-Fri 9am-5pm (please leave a voicemail if no answer).