

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS

# Rheumatology – Shared Care



**King's Treatment Centre  
Clinic 1**

‘Shared Care’ is the prescribing and monitoring of disease-modifying anti-rheumatic drug (DMARD) therapy, where responsibility for your care is shared between your rheumatology consultant and your GP.

You have **not** been discharged from the rheumatology department, and you will still attend the rheumatology clinic for review of your rheumatic condition.

### **In order to initiate Shared Care:**

- Please make an appointment to see your GP practice nurse to arrange regular monitoring of your DMARD therapy.
- You should be monitored every ..... weeks.
- Your first monitoring appointment at your GP surgery should be on .....

### **Once Shared Care is in place:**

- Your medication ..... will be prescribed by your GP.
- Blood monitoring and blood pressure checks (if required) will be done at your GP surgery.

Your DMARD(s) dose schedule and frequency of monitoring will always be documented in your copy of the rheumatology clinic letter.

### **We ask you to:**

- Ensure you make appointments and attend for regular monitoring at your GP surgery.
- Comply with the prescribed monitoring schedule.
- Ensure your monitoring booklet (Methotrexate/DMARD) is completed with up-to-date blood results. Please bring the monitoring booklet to your rheumatology clinic appointment.
- Contact your GP or the Rheumatology Advice Line (number below) if you feel unwell.
- Limit alcohol consumption to a minimum and avoid completely if taking Leflunomide.
- If you are planning a pregnancy, **please discuss** with your rheumatology team a few months **in advance**.
- Attend for your review as planned in the rheumatology clinic. If you are unable to attend, please ring the Appointments Office on 01623 622515, extension 4112, to cancel and rebook a new appointment.

If you have any concerns regarding your monitoring at your GP surgery, please ring **0800 0283 693** and **press option 1**.

If you have any concerns regarding your DMARD therapy, please ring the Rheumatology Advice Line on **01623 676002** or email [Sfh-tr.Rheumqueries@nhs.net](mailto:Sfh-tr.Rheumqueries@nhs.net)