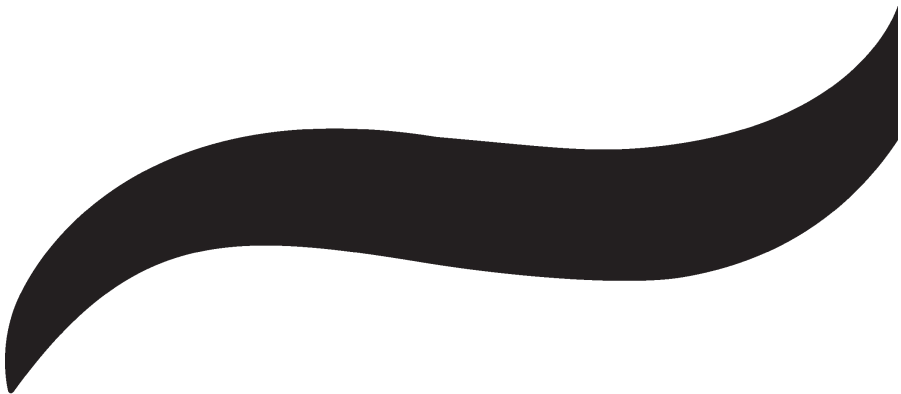




# Transitioning from Paediatric to Adult Inflammatory Bowel Disease (IBD) Service

Information for patients  
Gastroenterology



# WELCOME!

We would like to offer you a warm welcome to the adult IBD service for NHS Lanarkshire. You might feel a bit worried about moving from the Paediatric service, but please know you are in safe hands with us.

We have written this leaflet to help you understand how the service works. It also gives you some useful information.

Our service is based at the three main hospitals:

- ❖ University Hospital Monklands (UHM)
- ❖ University Hospital Wishaw (UHW)
- ❖ University Hospital Hairmyres (UHH).

Each hospital cares for the people who live in the catchment area. Your new team and hospital will usually be the one closest to your home.

The teams are made up of:

- ❖ Consultant Gastroenterologists
- ❖ Specialty and Specialist Doctors
- ❖ IBD Clinical Nurse Specialists
- ❖ IBD Specialist Pharmacists

Their names are shown below.

## **University Hospital Monklands Team:**

Consultant – Dr Clarke

Consultant – Dr MacMaster

Consultant – Dr Prach

Consultant – Dr Reed

Consultant -- Dr Veryan

Speciality Doctor – Dr Wimpress

IBD Clinical Nurse Specialists – Alison Tedford & Jennifer Robbie  
IBD Specialist Pharmacist – Lauren Fortune

**University Hospital Wishaw Team:**

Consultant – Dr Akhtar

Consultant – Dr Cram

Consultant – Dr Lynch

Consultant – Dr Nicoll

Consultant – Dr Waddell

IBD Clinical Nurse Specialists – Ellyce Lang (Lead Nurse), Kirsten Brown and Claire Carroll

IBD Specialist Pharmacist – Abigail Pugh

**University Hospital Hairmyres Team:**

Consultant – Dr Lamont

Specialist Doctor – Dr Miller

Consultant – Dr Robertson

Consultant – Dr Sutherland

IBD Clinical Nurse Specialists – Louise Martin & Laura Docherty

IBD Lead Specialist Pharmacist – Conor Cronin

**WHAT WE NEED FROM YOU**

One of the biggest changes you'll see when you move from Paediatric to Adult Services is that we will ask you to take more control of your IBD care. When you were younger, your parent or guardian probably helped with things like organising your appointments and sorting out your medicine. Now that you've moved over to the Adult Service, we will ask them to take a step back.

This will help you to become more independent. It means we can work with you and give you the care that you need.

We know it can be difficult sometimes to juggle everyday life with managing your IBD, taking your medicine and going to your hospital appointments.

If you feel you need extra help, please let us know. We are here to support you.

## **APPOINTMENTS**

The paediatric team might have already started discussions with you transitioning (or transferring) over to the adult service. When you are ready to transition (usually between ages 16/17) you might be appointed to transition clinics.

You will have 2 IBD transition clinic appointments which will both be held at the hospital closest to you.

There will be members of the Paediatric and Adult IBD teams at both appointments:

- ❖ the first appointment (called a T2 appointment) will be led by your Paediatric IBD team.
- ❖ the second appointment (called a T3 appointment) will be led by your Adult IBD team

After you've had both your T2 and T3 appointments your outpatient clinic appointments will be at your closest hospital. You will have these appointments with members of the Adult IBD team.

You can bring your parent or guardian to your clinic appointments if you want, but we'll ask you to do most of the talking. This helps us to understand:

- ❖ how you're feeling
- ❖ what medicines you're taking
- ❖ if you're worried about anything
- ❖ if you have any questions

## **TESTS AND PROCEDURES (INVESTIGATIONS)**

When you were in the Paediatric service, your endoscopic tests like endoscopy, colonoscopy, and sigmoidoscopy were normally done when you were under general anaesthetic in the operating theatre.

In the adult service, these types of test are usually done when you're awake, in endoscopy units at any of the 3 NHSL hospitals or the Golden Jubilee Hospital in Clydebank near Glasgow. To help you stay as comfortable as possible during the test, you can choose:

- ❖ Throat spray to numb your throat (local anaesthetic) and/or sedation through a vein (IV) to help you relax for gastroscopy.
- ❖ You may also be offered a painkiller alongside the sedation.
- ❖ Gas and air (Entonox) or IV sedation and painkillers for colonoscopy

## **WORKING WITH OTHERS**

Sometimes, we might need to ask other health professionals in the Multidisciplinary Team (MDT) for their help to give you the best care. This could include: e.g.

- ❖ Dieticians who help with food and nutrition
- ❖ Surgeons
- ❖ Specialist Nurses such as the Stoma nurses.

Each of the Adult Hospital sites has regular IBD MDT meetings. These are attended by IBD Consultants, Specialist Pharmacists and Specialist Nurses.

We may talk about your test results and treatment at an IBD MDT meeting. After the meeting, we will tell you what we talked about and what your proposed treatment plan is.

We also have a monthly NHS Lanarkshire- wide IBD MDT meeting for more complex cases. They include IBD teams from all three sites along with surgeons, radiologists and pathologists.

## MEDICINES

If you are on medicines such as Mesalazine, Azathioprine or Mercaptopurine your GP will carry on prescribing these for you. Your blood monitoring for these medicines should be done by your GP practice.

You may be on treatments that are sent to your home for you to take, such as:

- ❖ biologics (for example Infliximab, Adalimumab, Ustekinumab, Vedolizumab, Risankizumab or Mirikizumab)
- ❖ small molecule medicines/Jak Inhibitors (Upadacitinib, Filgotinib, Tofacitinib, etc.)

These will now be prescribed by the Adult IBD Specialist Pharmacist once you've transitioned to the adult service.

If you go to hospital for biologic infusions, you will now go to the **Planned Investigations Unit in Ward 8 at University Hospital Monklands** for this.

Monklands is the only hospital that gives these treatments. Even if your local hospital is Hairmyres or Wishaw, you will still need to go to University Hospital Monklands for your infusions.

## IBD ADVICE LINE

If you need any help with your IBD symptoms or IBD medicine between appointments, you can call the **IBD Advice Line** on **07917555615**. The Advice Line is open **Monday - Friday 8am-1pm**.

Please note this service is closed at the weekends and on public holidays.

If you have a flare when the Advice Line is closed, please contact your GP or **NHS24 on 111**. If it's an emergency, call **NHS 24 on 111** or go to A&E the **(Emergency Department) at your nearest hospital**.

The IBD Advice Line is run by the IBD Specialist Nurses from all three hospitals. Patricia, one of our secretaries, usually answers your call. She will take your details and an IBD Specialist Nurse will call you back.

If Patricia does not answer your call, please leave a clear voicemail with:

- ❖ your name,
- ❖ date of birth,
- ❖ telephone number
- ❖ a short message about why you're calling.

We aim to call you back within 48 hours. If you would like us to call you back at a certain time (such as after school, college, or work), please let us know and we will try our best to do that.

We know it may feel easier for you to get your parent/guardian to call the Advice Line, but please try to make the call yourself. If your parent or guardian does call, we will return the call but we won't share any information about you with them, unless you say it's OK to do that.

# HOW WE KEEP YOUR HEALTH INFORMATION SECURE

NHS Lanarkshire take care to make sure that only people who are allowed to can access your personal information. Our staff have a legal duty to keep information about your health safe, secure and private.

If you want to learn more about how we do this, you can visit our website at <https://www.nhslanarkshire.scot.nhs.uk/data-protection-notice> You can also ask a member of staff for a copy of our Data Protection Notice.



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Link to this leaflet on  
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We may use Copilot to assist  
in the production of patient  
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Author: Claire Carroll



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