

RESEARCH

All of the Consultants and IBD Nurses are involved in research projects. If you would like to be involved please mention it to the doctor or nurse in the clinic.

We are currently recruiting IBD patients to the UK IBD Bioresource (<http://ibdbioresource.nihr.ac.uk>) a major UK wide project that will enable patients to be engaged with ongoing research studies.

The research team can be contacted on:
0191 2448915

USEFUL WEBSITES

WWW.CROHNSANDCOLITIS.ORG.UK

Their website includes information on IBD, new research, IBD support group details and much more. You can also find Crohn's & Colitis UK on Facebook, Youtube, Twitter and LinkedIn.

WWW.IBDPASSPORT.COM

For information on travelling with your IBD, from advice on travel vaccines to healthcare in the country you are visiting.

PALS

The Patient Advice and Liaison Service (PALS) can offer on-the-spot advice and information about the NHS. You can contact them on:

FREEPHONE: 08000320202

Alternatively, if you experience any problems with your IBD care, you can contact any member of the team on the details listed on the 'How to Contact the Team' page.

NHS CHOICES

For further information about health conditions and treatment options, visit the NHS Choices website at www.nhs.uk. Here you will find an information prescription generator www.nhs.uk/ips which provides approved patient information from the NHS and charity partners that you may find helpful.

*Produced for the IBD team by Harriet Crook, 4th year medical student. March 2015.
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INFLAMMATORY BOWEL DISEASE (IBD)

ROYAL VICTORIA INFIRMARY
& FREEMAN HOSPITALS

The purpose of this leaflet is to introduce Inflammatory Bowel Disease (Crohns or Colitis) patients to the adult IBD team and services at the RVI and Freeman hospitals.

THE IBD TEAM

GASTROENTEROLOGY CONSULTANTS

Dr Gunn
Dr Hearnshaw
Dr Mountford
Dr Lamb
Dr Speight
Dr Dipper
Dr Nylander
Dr Parker
Dr King
Dr Catlow

IBD SPECIALIST NURSES

Nicola Dempsey Emma Wharton
Siobhan Webber Sophie Young
Michelle Legaspi

WHAT IS A 'FLARE'?

An IBD flare is any of the following: increased symptoms for 3 or more days that are not settling or are getting worse, increasing abdominal pain, nausea and vomiting, bleeding from the back passage or blood and/or mucus in the stool.

If you experience a flare of your symptoms, contact the team for advice. If your GP gives you a course of steroids let us know, there may be alternative treatments that we could give you.

HOW TO CONTACT THE TEAM

Dr Dipper
0191 282 4610

Dr Gunn
0191 282 4936

Dr Hearnshaw
0191 2823804

Dr King / Dr Catlow
0191 2820135

Dr Lamb / Dr Parker / Dr Mountford
0191 2820135

Dr Nylander
0191 2823804

Dr Speight
0191 2825424

RING/EMAIL THE IBD NURSES*

nuth.ibdnurses@nhs.net

[0191 2139889 \(RVI\)](tel:01912139889)

[0191 2137209 \(FRH\)](tel:01912137209)

*calls will only be answered Monday-Friday, 8am-4pm. If you are unable to contact the team out of hours and you are seriously unwell use the emergency services, such as walk-in centres via 111 or Accident and Emergency.

CLINICS

We will monitor your IBD in clinic. Here we will assess your symptoms and medication and discuss any recent tests you have had. This is also a time for you to bring up any of your own concerns relating to your IBD.

If any problems are highlighted in clinic we may send you for further investigations.

Appointments last around 15 minutes and are pre-booked.

There are IBD clinics run by Gastroenterology Consultants at various times throughout the week.

MEDICAL DAY CASE UNIT

The Medical Day Case Unit is located at the RVI on level 3 of the Leazes wing. This is where patients receive their treatments for IBD, for example Infliximab.

If you need to contact the unit, please call 0191 282 4052.

