

INFORMATION FOR PATIENTS

Rheumatology outpatients

Members of the team

Head of Service: Dr A Gupta.

Consultants:

- Dr A Gupta
- Dr C Wilkinson
- Dr Y Ali
- Dr J Southern
- Dr N Sathi
- Dr H El-Mahrouki (locum)
- Rheumatology trainees.

Nurse specialists:

- Debbie Wilson, Specialist Nurse, Rheumatology Research
- Emily Marsh
- Sharon Turner

Pharmacist specialist:

- Ahmed Gueffaf.

Other specialist rheumatology staff:

- Physiotherapist - Alex Arnold plus a rotational physiotherapist
- Occupational Therapists - Phil Avery /Charlotte Brooks / Rachael Murphy
- Research Nurse - Emily Omuvwie
- Nurse Administration Support - Claire Mee.

What do we offer?

Consultant and nurse specialist clinics are held most mornings, varying across King's Mill Hospital and Newark Hospital sites.

King's Mill also offers nurse-led blood monitoring, pharmacist-led medication screening and steroid joint injection clinics.

Our dedicated rheumatology occupational therapists and research team can also be accessed through the department.

What to bring to face to face clinics

Please bring a urine sample when you attend consultants/nurse clinics and a current list of your regular medication to all appointments.

How to contact us:

- Email: sfh-tr.rheumqueries@nhs.net
- Nurse specialist's advice line: 01623 676002 (telephone reserved for those without email access).
- Rheumatology Research: 01623 672533.

Due to high intensity in calls and staffing changes, we prefer you **email your query for a quicker response**. Please ensure you include your name, date of birth and a brief message with the name of your consultant. We will reply within 24-48 hours on weekdays only. The answer machine is not regularly attended, so **telephone queries will take longer to be resolved**.

Advice for receiving email queries

To maintain patient confidentiality, we will always send an encrypted email from our secure NHSmail address (ending @nhs.net).

If you have never received an encrypted NHSmail email before, you will be redirected to an external Egress website. This will guide you through a simple, quick registration process to create an account to allow you to read, reply and forward emails.

For more information click on the following link or type the address into your browser:

<https://digital.nhs.uk/services/nhsmail/guidance-for-sending-secure-email>

Blood testing

You may be asked to come in to have a blood test.

If the King's Mill site is convenient, please attend Clinic 3. This is open from Monday to Thursday from 8am - 5.30pm or Friday 8am – 5pm. You do not need to make a pre-arranged appointment.

If the Newark site is convenient, you **will** need to make an appointment in order to attend. Please do this by logging onto swiftqueue.co.uk. Appointments are available Monday to Friday. You will need to enter and exit via the Eastwood entrance on Bowbridge Road.

X-ray or scans

You may be asked to come in to have an x-ray or another form of a scan.

If the King's Mill site is convenient, please attend the x-ray department opposite Clinic 1. Ideally arrange an appointment before attending by calling 01623 672238. Appointments are available Monday to Friday.

If the Newark site is convenient, please attend the x-ray department and ideally arrange an appointment before attending by calling 01636 681681, extension 5780.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Arthritis UK

Website: www.versusarthritis.org

Telephone: 0800 5200 520

Mansfield Arthritis support group

Telephone: 01623 844989

NASS National Ankylosing Spondylitis Society

Website: www.nass.co.uk

Telephone: 020 8741 1515

NRAS (National Rheumatoid Arthritis Support)

Website: www.helpline@nras.org.uk

Telephone: 0800 298 7650

Self-referral to Social Services (for example you require grab rails)

For patients living in the Ashfield / Mansfield and Newark and Sherwood areas.

Telephone: 0300 500 8080

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

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.

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 for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202602-04-RO
Created: July 2020 / Revised: February 2026 /
Review Date: February 2028