

## Patient information factsheet

# Southampton lupus clinic

We have given you this factsheet because you have been referred to our Southampton lupus clinic. It explains what the lupus clinic is and the ways in which it can support you to manage your condition. We hope it helps to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of the factsheet.

### What is the Southampton lupus clinic?

The Southampton lupus clinic treats people from Hampshire, the Isle of Wight and Dorset with lupus. Lupus (systemic lupus erythematosus or SLE) is a long-term condition that causes joint pain, skin rashes and tiredness.

We also treat people with other autoimmune and connective tissue disorders (CTD), including:

- antiphospholipid syndrome
- myositis
- Raynaud's syndrome
- scleroderma
- Sjögren's syndrome
- vasculitis

You may have been referred to this clinic by your general practitioner (GP), your local hospital or from another department within Southampton General Hospital.

### What are the aims of the clinic?

The clinic aims to:

- be a centre of excellence
- provide expert clinical treatment
- support, educate and advise you and your family to help you understand and manage your condition
- carry out important research to help find a cure for autoimmune and connective tissue disorders (you may be invited to take part in some of this research)

### What services does the clinic offer?

We offer a wide range of support services, including:

- blood tests
- bone density scanning (DEXA)
- physiotherapy
- occupational therapy
- fitting appliances (for example, a wrist or hand splint, a neck collar or a knee brace)

# Patient information factsheet

We work closely with other specialist departments within Southampton General Hospital to jointly manage the care of people with conditions affecting more than one system in the body.

These include:

- respiratory (lungs and breathing)
- haematology (blood)
- dermatology (skin)
- high-risk pregnancy clinic (at the Princess Anne Hospital)

## Where will I receive my care?

Our clinic is based in Victoria House, on-site at Southampton General Hospital.

If you need intravenous therapies (medicine given by injection into a vein), you will usually receive this on a short-stay infusion unit at Victoria House.

If you require inpatient care, you will be admitted to one of the medical wards.

## Pharmacist

For any questions about your rheumatology medication, please contact our specialist pharmacist.

Telephone: **023 8077 7222**, then ask for bleep **2407** (Tuesday to Friday, 9.30am to 2.30pm)

## Contact us

If you have any questions or concerns, please contact us using the relevant details below.

### Rheumatology advice line

Telephone: **023 8120 5352** (Monday to Friday, 9am to 11.30am)

To speak to a lupus specialist nurse, please select the option for CTD queries.

To speak to your consultant's patient pathway co-ordinator, please select option one.

If we're unable to answer your call during these hours, please leave a message with your name, hospital number and telephone number, and we will get back to you as soon as we can. Please note that the answerphone is only available between the hours of 9am to 11.30am, Monday to Friday.

### Rheumatology outpatient appointments

Telephone: **023 8120 6073** (Monday to Friday, 8am to 4pm)

### Victoria House short-stay infusion unit

Telephone: **023 8120 4653** (Monday to Friday, 8am to 8pm)

Outside of these hours, there is an answerphone service.

# Patient information factsheet

Southampton lupus clinic  
Department of rheumatology  
Victoria House (entrance B)  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

Please use the **blue car park**.

## Donations

The lupus clinic is supported by donations from Lupus UK and the Southampton Rheumatology Trust. If you would like to make a donation to the lupus clinic, please contact us at:

Southampton Rheumatology Trust  
C/o Southampton Hospitals Charity  
Mailpoint 135  
Southampton General Hospital  
Southampton  
SO16 6YD

Email: [charity@uhs.nhs.uk](mailto:charity@uhs.nhs.uk)

Website: [www.southamptonhospitalscharity.org](http://www.southamptonhospitalscharity.org)

## Useful links

Lupus UK

Website: [www.lupusuk.org.uk](http://www.lupusuk.org.uk)

The Lupus Foundation of America

Website: [www.lupus.org](http://www.lupus.org)

Versus Arthritis

Website: [www.versusarthritis.org](http://www.versusarthritis.org)

## For other connective tissue disorders

British Sjögren's Syndrome Association

Website: [www.bssa.uk.net](http://www.bssa.uk.net)

Scleroderma Society

Website: [www.sclerodermasociety.co.uk](http://www.sclerodermasociety.co.uk)

Vasculitis Trust

Website: [www.vasculitis.org.uk](http://www.vasculitis.org.uk)

Myositis Support Group

Website: [www.myositis.org.uk](http://www.myositis.org.uk)

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**

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Charity Registration Numbers 1051543

