

Rheumatology

UHCW Axial Spondyloarthritis (AxSpa) service

Welcome to the UHCW AxSpa service. Dr Blake, Consultant Rheumatologist leads the team. In the team there is also Catherine Tonks, Advanced Clinical Practitioner Physiotherapist in Rheumatology and Keir Young, Clinical Specialist physiotherapist. We also have our Clinical Nurse Specialist team. Our aim is to improve your access to specialist care to manage your condition in the right place at the right time. Our clinic site is based at the City of Coventry Health Centre, Stoney Stanton Road, Floor 1. CV1 4FS.

For information on axial SpA and support available, visit the NASS website: www.nass.co.uk

For practical tips on managing your symptoms, navigating your care and accessing peer support, visit Your SpAce: www.nass.co.uk/about-as/your-space/



Patient Information

Our self-care guides below offer useful advice and tips on how you can manage muscle and joint symptoms. These guides also provide information on when it may be important to seek healthcare.

www.uhcw.nhs.uk/self-care



The nurse helpline

You can call the nurse helpline on 024 7696 5723 Monday to Friday (except bank holidays) between 8am and 3pm. Please leave a message and the nurse specialist team will aim to respond to your message within 2 working days.

When leaving a message please include the following details:

- your full name
- your hospital number (this starts with a letter of the alphabet) **or** your 10-digit NHS number **or** date of birth
- contact telephone number
- the reason for your call

Unfortunately, we are unable to process your call without the information above.

Due to the high volume of calls, we will try to call you back twice only. Please note the call will come from an unknown number.

This service is **not** for urgent attention. In emergencies, please contact your GP or NHS 111.

Patient Information

Types of queries dealt with by the helpline:

- flares in your condition, where self-help measures have not helped for at least 1 week
- repeat prescriptions for disease modifying anti-rheumatic drugs (DMARDs) not issued by your GP
- issues relating to rheumatology medications, including biological medications

Department contact details

Email for queries: Myaxspa@uhcw.nhs.uk

We aim to reply to emails between Monday to Friday, 9am to 4pm.

Rheumatology Nurse helpline 024 7696 5723.

For appointments, please call the Booking Centre on 0800 252 060 (this is a Freephone number).

To check if your prescription is ready from the hospital Lloyds Pharmacy: please call 024 7696 6045.

For Pharmacy Homecare: please call 024 7696 6765.

If you feel that you are in a flare and need access to physiotherapy, please contact us for support using the email: myaxspa@uhcw.nhs.uk or by calling the nurse helpline.

Hydrotherapy

Within Coventry, there is a hydrotherapy exercise class specifically for individuals with AxSpA ran by the Coventry NASS branch. This is held on Tuesday evenings from 7.30pm to 8.30pm at the West Coventry Academy hydrotherapy pool. The Westwood Academy, Mitchell Avenue, Coventry, CV4 8DY.

Patient Information

The sessions involve aqua-based stretching and exercises in a group with different levels of intensity depending on your ability, mobility and function. You must have a diagnosis of AxSpA. If you wish to attend the hydrotherapy sessions or be part of the Coventry NASS branch, please contact coventry@nass.co.uk



The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5723 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

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www.uhcw.nhs.uk/feedback



Document History

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