

Sickle cell and thalassaemia service for adults

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About our service

The adult sickle cell and thalassaemia team runs a specialist service for adults in south east London who are born with these inherited disorders.

We see patients from the age of 16 years old. We work closely with the children's sickle cell and thalassaemia team to ensure a smooth transition from children's services for our younger patients.

We are based at Guy's and St Thomas' hospitals. If these are not your local hospitals, then we will work closely with your local NHS trust to help you receive the specialised care that you need, both in hospital and in your community.

Our clinic and Day Unit

Our outpatient clinic and the Sickle Day Unit are at Guy's Hospital in the department of haematology, fourth floor, Southwark Wing.

The clinic is where we do tests such as blood and urine tests and assess your health.

The doctors, clinical nurse specialists and psychologists who specialise in working with people with sickle cell disease and thalassaemia are all available in the clinic to support you and answer your concerns.

We also run specialist joint clinics with colleagues from other departments in the hospital.

The Day Unit is next to the outpatient clinic. If you're having a painful crisis, you can come to the Day Unit, Monday to Friday, 9am–5pm, to treat it. **Please phone your specialist nurse first** who will advise you if there is space for you to come, and if this service is appropriate for you or whether you need to go to A&E instead.

The Day Unit is also where patients have their blood transfusions.

When to visit A&E

The accident and emergency (A&E) department is at St Thomas' Hospital. For more information, see the leaflet: **When should adults with sickle cell disease attend the A&E department at St Thomas' Hospital?**

Staying on a ward

If you have been admitted to hospital via the A&E at St Thomas', you will probably be transferred to a ward at Guy's Hospital. The sickle team will review you every day on the ward.

Health psychology service

Living with physical health conditions like sickle cell and thalassaemia can be stressful and symptoms such as pain can prevent people from living life normally. We have a team of psychologists whom you will meet in clinic and on the wards and who you can see for one-to-one or group support. They also can see you for assessment of memory/concentration problems.

See the leaflet **Health Psychology Service for adults and young people with sickle cell disease and thalassaemia** for more information.

Community nursing team

Sickle cell and thalassaemia community nurses are based in the South East London Sickle Cell and Thalassaemia Centre at Wooden Spoon House in Kennington. Although they are based in the community, they work closely with our hospital team. A benefits adviser also works this team if you need benefits advice.

See the leaflet **Sickle cell disease and thalassaemia community nursing service** for more information.

Education days and events

We run various events for patients to find out more about their condition and talk to the team, such as on Sickle Cell Awareness Day in the summer and our Christmas party. Talk to a member of our team to find out more.

Take part in research

We want to make sure you have access to the best available treatments, and to improve our knowledge of how to treat sickle cell disease and thalassaemia. We have a range of research projects running at any one time. Please ask at your clinic appointment if you are interested in taking part.

Contact us

To bleep a member of staff, please call the hospital switchboard on 020 7188 7188 and ask for the bleep desk. Then ask for, or enter, the four-digit bleep number of the staff member you are contacting.

Consultant haematologists

Dr Jo Howard and Dr Rachel Kesse-Adu

t: 020 7188 2741 (secretary)

Specialist registrar

t: 020 7188 7188 Bleep: 0248

Senior house officer

t: 020 7188 7188 Bleep: 2283

Advanced nurse practitioners

Mr Neil Westerdale

t: 020 7188 2710 Bleep 1843 / 07770683947

Mr Luhanga Musumadi (adolescents)

t: 020 7188 2710 Bleep 2256 / 07770678851

Clinical nurse specialist

Mrs Judith St Hilaire

t: 020 7188 2710 Bleep 2868 / 07920711266

Psychologists

Dr Caroline Johnson, lead clinical psychologist (locum)

t: 020 7188 2718 **e:** caroline.johnson@gstt.nhs.uk

Dr Nicky Thomas, consultant health psychologist

t: 020 7188 2725 **e:** nicky.thomas@gstt.nhs.uk

Dr Heather Rawle, consultant clinical/health psychologist

t: 020 7188 2718 **e:** heather.rawle@gstt.nhs.uk

Mina Abedian, health psychologist

t: 020 7188 2718 **e:** mina.abedian@gstt.nhs.uk

Dr Tom Parsloe, clinical psychologist

t: 020 7188 2718 **e:** tom.parsloe@gstt.nhs.uk

Community nursing team

Mrs Emma Gedeon, community specialist nurse

t: 020 3049 6068

Mr Daniel Nyakutsey, welfare adviser

t: 020 3049 5993

Appointments at King's

We have teamed up with King's College Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at King's. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Useful information

For a full range of **sickle cell patient information leaflets** you might find useful, please see our website.

w: www.guysandstthomas.nhs.uk/scd-leaflets

Sickle Cell Society

Provides help and support for people affected by sickle cell disorders and their carers.

t: 0800 001 5660 **w:** www.sicklecellsociety.org

UK Thalassaemia Society

Provides help and support for people affected by thalassaemia and their carers.

t: 020 8882 0011 **w:** www.ukts.org

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

e: 020 7188 8801 at St Thomas' at Guy's **t:** 020 7188 8803
e: pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

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