



**Guy's and St Thomas'**  
NHS Foundation Trust

# The bone health clinic

**This leaflet explains more about this clinic. If you have any questions, please speak to a member of staff caring for you.**

## **What is the bone health clinic?**

This clinic sees patients aged 50 and over (or younger if there is a clinical need) who have:

- Previous fragility fractures (often picked up incidentally – you may not know you have one)
- A history of falling and identified as being at risk of osteoporosis (fragile bones)
- A diagnosis of osteoporosis which needs monitoring and treatment planning

## **Who might I see in clinic?**

The clinic team members are

- Consultant physicians specialising in medicine for older people
- Junior doctors who work with the consultant
- Clinical nurse specialists
- Nursing team
- Physiotherapist
- Health care assistant
- Administrator

## What will happen at the clinic?

Your appointment can be between one to three hours.

You will be assessed by a member of the bone health team who will go through a series of examinations.

Examinations may include:

- Taking a medical history and doing a physical examination. You will be asked to remove some of your clothes and may find it easier to wear loose clothing.
- Some practical or functional tasks, such as, timing your walking speed.
- Some investigations such as taking blood tests and tracing your heart (ECG).
- Other tests like a bone density scan (this is like an X-ray).

After the assessments a doctor or specialist nurse will see you with the results and will explain what will happen next. Sometimes you will need to come back to the hospital for other tests.

A physiotherapist may also see you if required.

Depending on your needs, we will discuss our finding and make a plan with you. We will also write to your GP and send you a copy of the letter.

### **What do I need to bring?**

You should bring along any correspondence (for example letters, test results) that you might have received from your GP or other hospitals. You should also bring a list of medicines you are taking or the medicines themselves if you don't have a list.

**Clothing.** For some examinations you may need to remove your tights, stockings or other tight fitting clothing.

### **Can I bring a friend or relative?**

It is often helpful to have a friend, relative or carer at the appointment and they will be welcome. If you are coming to your appointment by hospital transport, please inform the transport team about this.

## Where is the clinic held?

Older persons assessment unit  
Ground Floor  
Bermondsey Wing  
Guy's Hospital  
Great Maze Pond  
London  
SE1 9RT

### Contact us

To speak to someone about your appointment or to reschedule please call us on 0207 188 2076

Transport: To arrange transport please call 0207 188 2888

For more leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit, **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

Our hospital is actively engaged in research and education to improve the care we give. During your visit you will be asked if you are willing to be contacted about research projects relevant to you.

Medical students and visiting healthcare professionals may be present during your visit. If you prefer for them not to be present then please let a member of staff know.

## **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, Monday to Friday, 9am-5pm

## **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## **Language and accessible support services**

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

**t:** 020 7188 8815

**e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111 **w:** [www.111.nhs.uk](http://www.111.nhs.uk)

**Leaflet number: 4916/VER1**

Date published: March 2020

Review date: March 2023

© 2020 Guy's and St Thomas' NHS Foundation Trust  
A list of sources is available on request