How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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What is the Education Session about?

The session is designed to give you information about your arthritis. This includes information about your condition, your medications, the multi-disciplinary team involved in your care and other information that may be useful to help you to self-manage your arthritis.

The session forms part of your follow-up appointment schedule.

The education session is run by a combination of Doctors, Nurses, Occupational Therapist (OT), Podiatrists and Pharmacist who will provide you with information. We also hope that it will be an interactive session with the opportunity for you to ask questions and talk to other patients who are attending.

What topics will be included in the session?

- What is Inflammatory Arthritis
- Medications – why and how medications are used
- How your arthritis is monitored and assessed
- Joint Protection advice
- Care of the Feet
- Use of exercise
- Tips and advice for clinic visits
- Other useful information

How is the session arranged?

Your session will be booked as a clinic appointment via the hospital appointment system. You will receive a letter with the exact details of the session, including the date, time and location.

For each education session there will be a maximum number of 10 patients attending. If you are unable to attend your booked session, you are able to re-schedule to the next available session.

When and where are sessions held?

The sessions are currently held on a Wednesday afternoon between 2-4 pm at Stoke Mandeville Hospital in the Hartwell Wing in room G14. Hartwell Wing is located just inside Entrance No 1 on the left hand side. There are car parks nearby, one beside Hartwell Wing and one next to Mandeville Wing. A map will be enclosed with your letter to help you. If you do not receive this letter and map at least one week prior to your appointment, please ring the helpline 01296 315960 and our administrator or nursing staff will be able to help.

What should I bring?

It may be useful to bring a notebook and a pen, but you will be provided with written information to support the information you receive throughout the session.

Please feel free to bring any of your own refreshments, but tea, coffee etc. will be provided for you.