

# Inflammatory bowel disease (IBD) service: Adolescent transition

The adolescent transition service has been developed to ensure that you feel fully prepared for the transfer of your care to adult services. This information is to help you use the appropriate services during this period and to offer the support and help you may need.

The members of the transitional service include:

|                               |                                       |
|-------------------------------|---------------------------------------|
| <b>Dr Camilla Salvestrini</b> | (Paediatric gastroenterologist)       |
| <b>Natalie Morgan</b>         | (Paediatric IBD nurse specialist)     |
| <b>Dr Charlie Murray</b>      | (Adult services gastroenterologist)   |
| <b>Kay Greveson</b>           | (Adult services IBD nurse specialist) |

An adolescent transition clinic will initially run once every two months. At this clinic you will be seen by a doctor and a specialist nurse from either paediatric or adult services. This will allow you to get to know the doctor and nurse from adult services, whilst also having a familiar face at your clinic visit.

The aim of the service is to ensure patients are offered the best possible care, information and treatment. We are here to help and support you so please contact us as required.

## What if I have a flare of symptoms between appointments?

Until you are officially transferred to adult services you can contact either Natalie Morgan or Kay Greveson for advice and support.

The IBD nurse specialists are:

**Kay Greveson** (Adult services IBD nurse specialist)

Telephone: **020 7830 2283**

**e-mail:** [Kay.Greveson@royalfree.nhs.uk](mailto:Kay.Greveson@royalfree.nhs.uk)

**Natalie Morgan** (paediatric IBD nurse specialist)

Telephone: **0781 8014794**

**e-mail:** [Natalie.Morgan@royalfree.nhs.uk](mailto:Natalie.Morgan@royalfree.nhs.uk)

Office hours 8am-4pm Monday–Friday

Once you and the doctors feel that you are ready to be transferred to adult services you will start to come to a different outpatient clinic and should contact either Kay Greveson or Dr Murray if you have any problems with your inflammatory bowel disease.

## Outpatient clinics once you have been transferred

You will need to attend hospital for regular review of your disease. During this time you may be seen by either the specialist nurse or one of the doctors. Clinic times:

**Tuesday** 9.30am - 1pm

**Wednesday** 9am - 12.30pm

**Friday** 9.30am - 1pm

Telephone clinics are also run every Thursday by the IBD and gastroenterology nurse specialists.

If you are unable to attend your out-patient appointment please ring the Royal Free contact centre on: 020 7794 0500 extension 36000

**Other members of the adult gastroenterology team include:**

Gastroenterologists (specialist doctors)

**Professor Epstein**

**Dr Hamilton**

**Dr Murray**

**Dr Toumpanakis**

Specialist nurses

**Kay Greveson** Inflammatory bowel disease nurse specialist

**Isobel Mason** Lead nurse gastroenterology

Other members of the team that you may come into contact with:

Dietician

**Ruth Westwood**

Pharmacists

**Tina Vaghijani**

**Nisha Patel**

**The IBD nurse specialists**

The nurse specialists provide information, advice and support to you and your family on any aspect of your condition. Some specific aspects of the service are:

- Telephone advice line
- Information about:
  - Disease and treatment options
  - Drug treatments
  - Surgical options
  - Pregnancy
- Advice during a flare-up of your disease
- Diet and lifestyle issues
- Monitoring of patients receiving medications such as azathioprine.

If you would like a large print or audio version of this information, please ask a member of staff.