The Role of the Clinical Nurse Specialist in Rheumatology
INTRODUCTION

- IDENTIFY KEY POINTS AND PROVIDE AN OVERVIEW OF CNS ROLE IN RHEUMATOLOGY
INFLAMMATORY PROCESS

- TRIAD OF PAIN
- STIFFNESS
- FATIGUE
- WEIGHT LOSS
- ANAEMIA
ROLE OF CNS

- Expert Direct Care Provider
- Educator
- Communicator
- Researcher
- Co-ordinator of Services
- Counsellor
- Auditor
- Manager of Patient Load/Nurse Led Clinic
ESSENTIALS OF NURSING CARE

- ACTIVITIES OF DAILY LIVING
- PAIN MANAGEMENT
- TISSUE VIABILITY (patients on steroids)
- PATIENT EDUCATION
- TECHNICAL SKILLS
  - INTRA-ARTICULAR INJECTIONS
- **Specialist experience**
  - Physical/emotional and social needs

- **Explain diagnosis**
  - Reduce anxiety fear
  - Listen to concerns
  - Provide information
  - Support during periods of change
  - Explain symptoms
  - Strategies to reduce symptom impact
Teach about drug treatments

- Pre treatment counselling/screening
- Drug regime
- Monitoring
  - Shared care with GP
- Side effects
- Vaccines
- Pregnancy and fertility
Ongoing Support

- Designated CNS
- Point of direct contact
- Easy access
- Advice and support in managing symptoms
- Concerns regarding treatment
- Minimise emotional impact of condition
  - Home and workplace
- Telephone advice lines
- Email access
TREATMENT

- USE OF DRUG TREATMENT (DMARDs / NSAIDS / BIOLOGICS)
  - TO IMPROVE SYMPTOMS AND REDUCE PROGRESSION AND DEFORMITY

- EXERCISE
  - TO MAINTAIN MUSCLE STRENGTH

- EDUCATION
  - ENABLE PATIENTS TO DEVELOP SELF MANAGEMENT STRATEGIES
- Positive impact on symptom management
- Similar efficacy between CNS and rheumatologist
- Positively influence patients’ perceived ability to cope with RA
- Patients adjust better to impact of care
- Increased personal control over RA
- Ability to work as partner with patient and their families
HEALTHCARE PROFESSIONALS IN RHEUMATOLOGY

- CLINICAL NURSE SPECIALISTS
- DRS
- PHYSIOTHERAPISTS
- OCCUPATIONAL THERAPISTS
- PODIATRISTS
- DIETICIANS
CNS AT UCLH

- LEAD NURSE/BIOLOGIC CNS
- RHEUMATOLOGY CNS
- RHEUMATOLOGY/OSTEOPOROSIS CNS
- ADOLESCENT CNS
- 5 RESEARCH NURSES
- LEAD NURSE INFUSION CLINIC
- STAFF NURSES INFUSION CLINIC