The role of the paediatric clinical nurse specialist (CNS) in rheumatology

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Aims of the session

- To discuss the role of a paediatric CNS
- To show how young people with JIA and their families can work effectively with a paediatric CNS
- To highlight the need for holistic care from professionals across health, education and social care, with effective communication
The paediatric CNS

• Key point of contact for parents and young people with JIA and other rheumatological conditions

• Works as part of a core team comprising
  – Consultant rheumatologist and paediatrician
  – Physiotherapist
  – Occupational therapist
  – Outpatient clinic nurses/ ward nurses
Stoke-on Trent Rheumatology service

• Where is it based?
  – University Hospital of North Staffordshire Children’s Clinic

• When does it run?
  – Weekly nurse–led clinic (Wednesdays after school)
  – Monthly medical follow up and new patient clinics
The paediatric CNS

Coordinates holistic care
• Provides education, advice and support
• Administers medication
• Monitors physical and psychological wellbeing
• Liaises with other key professionals

(Wyllie & Camina 2014)
The paediatric CNS

Provides education, advice and support

– Telephone advice
– Counselling in clinic about:
  JIA
  Medication
  Lifestyle and health promotion
  Self management
  Transition
The paediatric CNS

Gives medication

- Teaches safe injection technique
- Organises prescription renewal
- Liaises with community paediatric nurses
- Liaises with pharmacy/Healthcare at Home
Monitoring

• Orders and reviews blood tests
• Assesses disease activity and mood
• Liaises with research nurses (BSPAR)
Liaises with key professionals

- GOS/BCH
- GPs
- CAMHS
- Ophthalmology
- Hospital @Home
- Healthcare @Home
- Research Nurses
- Social workers
- School Nurses and Health Visitors
Liaison with school nurses

• Advice
  – Medications and vaccinations
  – Earlier review in clinic
  – CAF, CIN, Child protection
  – Benefits

• Care plan development
  – School visits
  – Information sharing
Liaison with key professionals

- Podiatry
- Occupational Therapy
- Physiotherapy
In summary

• The role of a paediatric rheumatology CNS may vary across different centres
• Working with children & families can improve:
  – adherence to treatment
  – health outcomes
  – smooth transition
• Providing holistic care is best achieved by everyone working as a team with effective communication
British Society for Paediatric and Adolescent Rheumatology (2009) Standards of Care for children and young people with JIA
www.bspar.org.uk accessed 16/7/14

Royal College of Nursing (2006) Telephone advice lines for people with long term conditions : Guidance for nursing practitioners
RCN. London

Thank you for listening

Any Questions ?????