

The Multi-disciplinary Team is made up of your consultant gastroenterologist and the following members:

1

**IBD Clinical Nurse Specialists:**

Karen O'Driscoll - CNS  
Siobhain Kiernan - CNS  
Aileen Robinson - CNS

**Biologics Nurse Specialist:**

Maria O Connell - CNS



2

**Social worker:** Sandra Wynne  
**Email:** sandra.wynne@olchc.ie

*Our social worker is there to provide practical and psycho-social support to the parents of children with IBD.*

3

**Dietitian:** Michelle Hurley  
**Email:** michelle.hurley@olchc.ie

*Our dietitian is there to provide advice which will ensure a balanced intake, help control symptoms and improve your child's growth.*

4

**Psychology:** Elizabeth Nolan  
**Email:** elizabeth.nolan@olchc.ie

*Our psychologist is there to support young people and their families to cope positively with all aspects of IBD.*

# Fast Facts



**IBD CNS telephone:** (01) 428 2593  
**IBD CNS E-mail:** [ibd.nurses@olchc.ie](mailto:ibd.nurses@olchc.ie)

**GI secretaries' telephone:** (01) 428 2776  
**GI Secretaries E-mail:** [gi.unit@olchc.ie](mailto:gi.unit@olchc.ie)

**Clinic appointments:** (01) 428 2528

Parent advocacy group:  
**E-mail:** [info@gutsykids.ie](mailto:info@gutsykids.ie)  
or **website** [www.gutsykids.ie](http://www.gutsykids.ie)

Barretstown. A Seriously Fun Camp:  
**Email:** [Families@barretstown.org](mailto:Families@barretstown.org)  
or **website** [www.barretstown.org](http://www.barretstown.org)



Publication of this booklet was made possible through an educational grant by Tillotts Pharma Limited. Registered names, illustrations, trademarks, etc. used in this leaflet, even when not marked as such, are not to be considered unprotected by law.



## Introduction to the Clinical Nurse Specialist (CNS) and the IBD Multi-disciplinary Team (MDT)

Helping you and your family live well with a diagnosis of Inflammatory Bowel Disease (IBD)



IBD CNS's  
Children's Health Ireland,  
Crumlin, Dublin 12

## Who is the Clinical Nurse Specialist (CNS)?

The CNS is a nursing member of the Gastro Intestinal (GI) team who has specialist knowledge of Inflammatory Bowel Disease (IBD) - Crohn's disease & ulcerative colitis. The CNS is a link person between you, your consultant gastroenterologist and the gastroenterology multidisciplinary team (MDT).

## What is the role of the CNS?

### THE ROLE OF THE IBD CNS INCLUDES:

- The provision of clear explanation and support to you and your child in relation to your child's IBD. This includes explanation of diagnosis, investigations required and medications prescribed. At CHI the IBD CNS provides a support service through voicemail or e-mail. This service is there to help and guide you if your child's IBD becomes problematic. This may range from providing reassuring advice to bringing forward a clinic appointment or, if your child is unwell, directing you to your GP or hospital for assessment or investigations.
- The CNS working as a member of the gastroenterology team ensures that your child receives the best possible care to help him/her cope with the day-to-day effects of their condition on their quality of life.



### How can you contact your CNS?

The telephone voicemail service is available between 8.00am and 1.00pm Monday - Friday. You should call (01) 428 2593, clearly stating your child's name, date of birth and if possible hospital number, leave a brief message and the CNS will return your call as soon as possible.

Alternatively, you can e-mail the CNS at: [ibd.nurses@olchc.ie](mailto:ibd.nurses@olchc.ie).

E-mails are checked early in the morning and again in the early afternoon Monday – Friday.

This voice mail is **NOT**

- \* for requesting letters
- \* change of appointment or
- \* requesting prescriptions

## What if my child is unwell?

People with IBD occasionally experience worsening of their symptoms, known as a 'flare' of their disease. If you are concerned that your child is unwell and having a 'flare', you should leave a message on the voicemail. The CNS will call you back and discuss his/her symptoms. She will then discuss with your consultant before calling you back with a management plan. It may be necessary to take to your child to the GP for review, perform blood tests or send stool samples for analysis.

## What if my child is unwell after hours, at night or weekend?

If your child becomes unwell or you are concerned outside of office hours you should contact your GP or local emergency department. There is always a paediatric gastroenterologist on call in CHI & if your local hospital is concerned they will contact the consultant in CHI.

## How do I change my child's appointment?

After initial diagnosis you will be sent an outpatient appointment to see your consultant. GI Outpatient Dept. is in Medical Tower 2. Clinics are extremely busy and if the date is not suitable you should call (01) 428 2535 ASAP to change same. Occasionally circumstances will change and an appointment may need to be changed either by the individual families or by the hospital and we will do our best to accommodate any changes that need to be made. Once you have been seen at clinic, your consultant will tell you when they wish to see your child again. The family needs to make this appointment before you leave the hospital. If you travel a considerable distance, ask for a suitable appointment time.

## Who do I contact for letters to support medical card applications or letters for school etc.?

All applications and forms for health and/or social welfare benefits must be brought to your own GP to be completed. The GI service can only provide a letter of support, if required by the relevant government department. The GI secretarial team process letters of support on the first Friday of each month, and require two month's advance notice. If you require such letters you should call (01) 428 2776 and leave your child's details, alternatively you can email [gi.unit@olchc.ie](mailto:gi.unit@olchc.ie). Letters will be written, signed by the medical team and sent back to you after this time.

## What if my prescription runs out?

IBD is a chronic disease & requires medical management. Your child will most likely be on daily medication. Initially, your child will be seen in clinic at regular intervals (three monthly), YOU need to make sure you ask the doctors for your child's next prescription while at these clinics. If your child has a medical card your GP will always need to re-write the prescription. If you forget to ask for the prescription at clinic, or your child's prescription runs out, please contact your GP to renew the prescription. Your pharmacy may need to order in your child's medicine, so DO NOT leave renewals to the last week!

## What happens as my child gets older and can't attend CHI?

25% of adults with IBD were diagnosed in childhood. The gastroenterology team in CHI have links with the adult gastroenterologists around the country and your child's transition on to the appropriate adult centre will be discussed with you and your adolescent when the time is right. We aim to introduce adolescents to their adult gastroenterology team when they are in transition year in school in the hope that they will be settled before commencing senior cycle and minimising disruption to the school year.

