

CONTACT DETAILS

IBD CNS Telephone

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Hospital telephone

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IBD CNS Email

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Dr. William Stack

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Dr. Lucina Jackson

T: (021) 4933533 | F: (021) 4933534

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INTRODUCTION TO THE INFLAMMATORY BOWEL DISEASE (IBD)



*Helping you live well
with a diagnosis of
**inflammatory
bowel disease***

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Advanced Medicine Exceptional Care

Clinical Nurse Specialist (CNS)
Bon Secours Hospital, Cork

What is IBD?

Inflammatory Bowel Disease is the term that refers to the conditions, Ulcerative colitis and Crohn's Disease. They are chronic, lifelong conditions of the digestive tract with periods of remission and relapse or "flare ups". In both conditions parts of the intestine may become inflamed and ulcerated.



What is a Clinical Nurse Specialist?

A Clinical Nurse Specialist (CNS) is a member of the Gastroenterology team who has specialist knowledge of Crohn's disease and ulcerative colitis. The CNS has many roles within a multidisciplinary team (MDT) and is a link person between you and your consultant. The Bon Secours Hospital has two Inflammatory Bowel Disease nurses: Joanne Mc Carthy and Sinead Nolan.

What is the role of the CNS?

When you are first diagnosed with IBD, your CNS will provide you with a clear explanation of your condition. This includes information on the diagnosis, the medications used to treat IBD and the possible effects of IBD on your daily life. Written information will be provided on IBD and any medications that have been prescribed. Details of the support group, The Irish Society for colitis and Crohn's disease (ISCC) will be provided along with other useful websites and resources.

The CNS provides ongoing support to IBD patients at home using the telephone advice service and to IBD patients in hospital. Inpatients and day case patients are advised to contact their CNS when admitted to hospital. The CNS provides support and reassurance to patients experiencing problems with their condition, educates patients on their new medications and liaises with the consultant to ensure optimal individualised care of that patient.

The CNS, working as a member of the gastroenterology team, ensures that patients receive the best possible care to help cope with the day-to-day effects of their condition, thereby improving quality of life.

How can you contact the CNS?

The telephone advice service is available Monday to Thursday 8am – 4 pm and Friday 8am-1pm. Patients should call (021) 4941955 and leave a message, clearly stating their full name, date of birth and, if possible, hospital number, along with a brief message and contact details. The CNS will return calls as soon as possible.

To speak with a nurse directly please contact the hospital on (021) 4542807 and ask for bleep 291. Alternatively patients can email the CNS at jmccarthy@bonsecours.ie or snolan@bonsecours.ie. Please note emails will not be monitored while nurses are on leave.

Please note the telephone advice service is not an emergency service. In the case of an emergency or if patients become unwell after hours, at night or at the weekend, they should contact their GP or local emergency department.

What happens if I become unwell?

People with IBD occasionally experience worsening of their symptoms, known as a 'flare' of their disease. Patients who are having a flare should call the CNS at (021) 4941955 and leave a message. The CNS will return the call and discuss patients symptoms. The CNS will then liaise with the consultant to decide the best course of action for the patient. This may involve having blood samples taken, collecting stool samples or making an appointment to see the consultant.

