

Medicine division

Patient Leaflet

The Stratford Suite – BBV clinic



The BBV (Blood Borne Virus) clinic at Milton Keynes University Hospital provides a free and confidential outpatient service for people living with HIV (over 16 years of age). Children living with HIV are seen by the paediatric team at Milton Keynes University Hospital.

HIV and you

When you were first told you were HIV-positive, you may not have heard much else that was said to you. A positive HIV diagnosis is a lot to take in. That is why we have given you this leaflet. It contains information about the BBV clinic and the service we can offer you.

The most important thing to remember if you have been newly diagnosed HIV positive is that there is effective treatment, and that the life expectancy of those with HIV is nearly that of those without HIV infection.

You will, however, need to get used to regular check-ups (on average every 6 months) and blood tests. This can be off-putting, but the tests are an essential part of your care. You may not believe it now, but you will get used to tests and check-ups. Our nurses understand that some patients are worried about needles, but they are skilled at making your blood tests as quick and painless as possible. Regular blood tests include:

- **CD4 count**
CD4 cells are part of your immune system and are attacked by HIV. The higher your CD4 count, the less damage HIV is doing. HIV is available to all those diagnosed with HIV regardless of the level of CD4 count.
- **Viral load test**
This measures the concentration of HIV in your blood. The higher your viral load, the more virus you have in your blood. The lower your viral load, the less damage HIV is doing. The success of any anti-HIV medication you take in the future will be measured by the extent to which your viral load is kept down.

- **Resistance test**
This is to find out whether the strain of HIV that you have is resistant to any of the anti-HIV drugs.
- **Liver/ kidney function**
Your liver and your kidneys will have to cope with processing any drugs you may be prescribed in the future, so your doctors will want to make sure that there are no problems with these organs.
- **Tests for other infections**
You will be tested for a variety of other infections, such as hepatitis and syphilis. A test for sexually transmitted infections will be advised if you have ever been sexually active.

There will be times when you will need to be seen more frequently for additional support or monitoring such as starting or switching your HIV treatment, if you are diagnosed with additional health conditions, or if you become pregnant.

Inpatient services for those requiring hospital admission are provided by the general medical team at Milton Keynes University Hospital, working closely with and receiving guidance from the BBV clinic doctors. Sometimes patients are transferred to Oxford hospital for specialist care.

Pharmacy

The pharmacy provides an outpatient dispensing service for all outpatient prescriptions from the BBV clinic. We have a specialist pharmacist for HIV medications.

The pharmacy is open Monday to Friday, 9.00 to 17.00, and on Saturday from 10.00 to 13.00.

Repeat Prescriptions

It is very important you do not run out of medication. If you are going to run out of medicine before your next appointment, please call giving at least 48-hours notice so a repeat prescription can be arranged.

New Appointments

If you are HIV-positive, you can register as a new patient and access care at the BBV clinic regardless of where you were first diagnosed. Some patients are referred to the clinic by a doctor and some refer themselves. Please telephone the appointments line if you would like to be seen at our clinic.

Transferring care

If you are transferring from another HIV unit to the BBV clinic, you should telephone the appointments line (01908 995291). On attendance at this appointment, a nurse will take your details and will require your signed consent in order to obtain a medical summary from your previous doctor. They will also make a doctor's appointment for you and take a full set of baseline blood tests.

BBV clinic staff

- Dr Clare Woodward, Clinical Lead for HIV
- Dr Dushyant Mital, Consultant in HIV/Sexual Health
- Dr Patricia Williams, Consultant in HIV/Sexual Health
- Dr Mansoor Raza, Microbiology/Infectious Diseases Consultant
- Maria Alonso-Jura, HIV Pharmacist
- Dee Sheedy, HIV Specialist Nurse
- Clare Monroe, HIV Specialist Nurse
- Fiona Gidley, HIV nurse
- Julie Allen, Health Advisor
- Sanja Sijan, Administration lead

Advice and Support

Health Advisers

Health advisers are able to provide information, counselling and support for people infected or affected by HIV (i.e. HIV-positive people and their partners). They are able to help with any issues you may have, such as difficulties in coming to terms with your diagnosis or the impact of HIV on your life and how to tell others. They can also provide you with information about other services that may be available to you.

Terrence Higgins Trust (THT)

THT provides support services to individuals living with and closely affected by HIV. THT has a branch in Milton Keynes:

www.tht.org.uk/centres-and-services/milton-keynes

Telephone: 01908 018 281

BBV clinic patient group

They aim to seek and represent patients' views within the clinic and ensure that patients are consulted and have their say about the services they receive. Anyone who attends the clinic can be involved. To be kept personally informed, join our e-mail list to receive minutes of the meetings and updates on events. There is no requirement to attend meetings in order to express your views or have a say in the group's activity. All communications are treated in confidence and you are welcome to unsubscribe at any time. We look forward to welcoming you.

BBV clinic opening times

Our clinic is open Monday to Friday, 09.00 to 13.00. Clinic times may vary over Christmas, Easter and other Bank Holidays. For holiday opening times, please contact reception on XXX.

There are some afternoon appointments available for doctor/nurse review, however we cannot perform a CD4 blood test after 13.00 or on a Friday.

Contacting the BBV clinic

Appointments:	01908 995 291
Nurses:	07770643214 / 01908 995 293 (Available Monday-Friday, 09.00 to 17.00)
Health Advisor:	01908 995 291
Email:	bbv.nurses@nhs.net
Hospital Switchboard:	01908 660033
Healthcare at home:	0333 1039857 / 0800 783 0211
Pharmacy:	01908 660 033/ 07891020866

Finding the BBV clinic

The Blood Borne Virus clinic is in the Stratford Suite on the first floor of the Luing Cowley Centre of Milton Keynes University Hospital.

The Luing Cowley Centre is directly behind the mini roundabout at the hospital entrance from Standing Way.

The Blood Borne Virus Clinic is accessible to patients with mobility difficulties or pushchairs via a lift in Luing Cowley Centre (entrance 4).

We ask information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the provisions of the Data Protection Act 1998.

If you have any further queries, please contact:

- Hospital switchboard: 01908 660 033 between 10pm and 9am
- NHS 111
- Your GP surgery