

Dermatology

Phototherapy

Introduction

We are reviewing patients who have been waiting a long time to help us prioritise those in most urgent need. Please be assured we are doing our utmost to ensure you and your families get the treatment you require as soon as possible. If you used the NHS e-Referral Service to book your appointment it will have given you an indicative appointment and treatment waiting time.

This document will provide you with information on how you can support yourself whilst waiting to attend the hospital. The guidance and advice has been reviewed and approved by clinicians responsible for your care.

Guidance for patients

If you no longer require your appointment please let us know as soon as possible as that will allow us time to offer an earlier appointment to another patient. If you do not have the phone number for the specialty you will be reviewed in but would like to cancel, change your appointment or speak to a staff member please call our switchboard number and they will be able to direct your call to the correct specialty.

Wye Valley Trust – 01432 355444

Further links which may help you manage your condition whilst you await treatment;

- <https://www.patientaccess.com/> (Connect to your GP services online)
- <https://www.nhs.uk/mental-health/self-help/>
- <https://www.nhs.uk/conditions/>

Phototherapy

The term phototherapy means the use of light, especially ultraviolet light, to treat medical conditions. Natural sunlight has been known to be beneficial in certain skin disorders for thousands of years, and it is the ultraviolet part of the radiation produced by the sun that is used in phototherapy, in particular the ultraviolet A (UVA) and ultraviolet B (UVB) wavelengths.

Patients can be treated with the full UVB spectrum (broadband UVB) or just a small part (narrowband UVB). UVA treatment usually comprises UVA radiation combined with a sensitiser (a chemical that increases the effect of UVA on the skin) called a psoralen (PUVA: Psoralen + UVA). PUVA is also sometimes termed photochemotherapy.

Phototherapy consists of an average of 24 – 30 treatments and clinic runs on Monday, Wednesday and Friday between 8:45 and 12:30. You will be expected to attend three times a week for 6 – 8 weeks dependent on skin condition and response to treatment. When your appointment letter arrives, please

My Planned Care Patient Information Platform

read the accompanying information leaflet carefully.

You may have been prescribed topical treatments to use by your consultant or GP. You should continue to use these as prescribed whilst you wait for your appointment.

You can find more information about phototherapy on the following websites:

<http://www.dermnetnz.org/procedures/narrowband-uvb.html>

<http://www.dermnetnz.org/procedures/puva.html>

<http://www.psoriasis.org/phototherapy>

What should I do if my health is deteriorating?

If your symptoms relating to your skin are worsening then please contact the relevant secretary in the Dermatology department (see below). Details of your named Dermatology consultant will be on your correspondence from the hospital, but if you cannot find this please contact any of the Secretaries as they will be able to direct your query in the most appropriate way.

Contact us

Dr Bassi and Dr Mackie's Secretary	01432 378944
Dr Diba, Dr Chalasani and Dr Kaur's Secretary	01432 378946
Dr Powell and Dr Lawton's Secretary	01432 378973
Clinical Nurse Specialists	01432 378965

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

If you have severe bleeding, breathing difficulties or chest pains – please dial 999 immediately.

If your skin lesion rapidly changes while you are on the waiting list for surgery please contact your consultant's secretary through the switchboard.

Any email enquiries can be sent to our Patient Advice and Liaison Service (PALS); pals@wvt.nhs.uk

If you feel that the hospital haven't been able to resolve your concerns after you have spoken to them about your waiting time, you can speak to our dedicated PALS team.
