



Welcome to the McMaster Hemoglobinopathy Clinic

We care for patients of all ages with Sickle Cell, Thalessemia and other health problems related to hemoglobin.

Our health care team will work closely with you to plan the care and services that will meet your needs.

Each member of the team will help you learn about your condition and care. We want you to have enough information and support to feel comfortable making decisions and taking part in your care. If you have any questions or concerns, please feel free to talk to any member of the team.

Reading this booklet can help you learn:

- What to expect at clinic visits
- How each member of the health care team contributes to your care

**For parents:
In this handout 'your'
refers to 'your child'.**

How do I book or cancel an appointment?

**To schedule, change or cancel an appointment,
call the Business Clerk at the clinic.**

905-521-2100, ext. 73887

Monday to Friday from 7:30 am to 4:00 pm

You need a scheduled appointment for every visit. After each appointment, stop and see the Business Clerk to schedule your next visit at the Hemoglobinopathy Clinic.

If you arrive without an appointment, we will not be able to see you.

We will make an appointment as soon as possible, but you will likely have to return on another day.

Where is the clinic located?

- The Clinic is in the 3F area, on the 3rd floor of McMaster Children's Hospital, between the red and purple sections.

When is the clinic open?

- The Hemoglobinopathy Clinic is held on **Mondays from 9:00 am to 12 noon.**



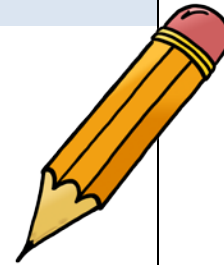
Who can come to the clinic?

- For children, both parents (or caregivers) are welcome at each visit.
- Please limit the number of people that come with you, as the clinic has limited space.
- All visitors must be in good health to prevent the spread of infections.

What should I bring to the clinic?

What to bring:

- Your Ontario Health Card or other health insurance information
- A list of questions and concerns
- A list of symptoms, new or recurring
- A pain record
- A list of current medications and any prescription renewals needed
- Dates of upcoming tests
- Any forms that you need reviewed or signed
- You may want to bring snacks or drinks, and something to do while waiting.



What happens at each visit?

1. Blood tests

Please have blood tests done at least 30 minutes before your scheduled appointment time, so the results will be ready to review during your visit.

Children:	<ul style="list-style-type: none">• Go to the Hematology Lab (2N38 - second floor, blue section) before your scheduled appointment. The finger poke lab opens at 7:30 am.• Have your child's Health Card ready.
Adults:	<ul style="list-style-type: none">• Go to the Specimen Collection Centre (3H – third floor, beside the 3F clinic). You will need to bring a requisition with you, or you may pick one up at the 3F desk. The lab opens at 8:00 am.• Have your Health Card ready.

2. The clinic nurse will:

- Check your vital signs, height and weight, and test your urine.
- Ask about your symptoms and discuss what will happen at this visit. Please tell the nurse about your health concerns or new symptoms, including questions, prescription renewals, forms to be signed, and requests to see other team members.
- Help you learn about your condition and how to care for yourself.

3. The clinic doctor will:

- Review your health and treatment plan, ask about your symptoms and examine you.
- Work with you and other team members to decide on a treatment plan that is right for you, and adjust the plan as needed.
- Help you learn about your condition and its treatment.

Who are the health care providers on the team?

A team of health professionals partner with you to provide your care at the clinic. You and your family are an important part of this team. Depending on your needs, other health care providers and specialists may be involved in your care.

Team members	How they contribute to your care
<p>Clinic doctors</p> <p>For children: Dr. Uma Athale _____ (ext)</p> <p>For adults: Dr. Madeleine Verhovsek _____ (ext)</p>	<p>The attending physicians are hematologists; specialists in treating people with blood disorders. They are responsible for your medical care in the hospital and developing a treatment plan. You may also meet residents, who are doctors in speciality training.</p>
<p>Clinic nurse</p> <p>Jennifer Wolfenden _____ (ext)</p>	<p>A Registered Nurse provides nursing care and teaching, and coordinates your care including scheduled tests and procedures.</p>
<p>Social Worker</p> <p>Linda Waterhouse _____ (ext)</p>	<p>The Social Worker can help you cope with illness and being in the hospital, through counseling, support groups, access to financial help and referrals for other services.</p>

<p>McMaster Children’s Hospital</p>	<p>905-521-2100 (main switchboard)</p>
<p>McMaster Hemoglobinopathy Clinic</p>	<p>Ext. 75014 (Business Clerk) or 905-521-2100, ext. 73887 (direct line)</p>