



SCCM
Sickle Cell Care Manchester

SICKLE CELL & HOSPITAL CARE

How to access the right treatment for
your Sickle Cell needs



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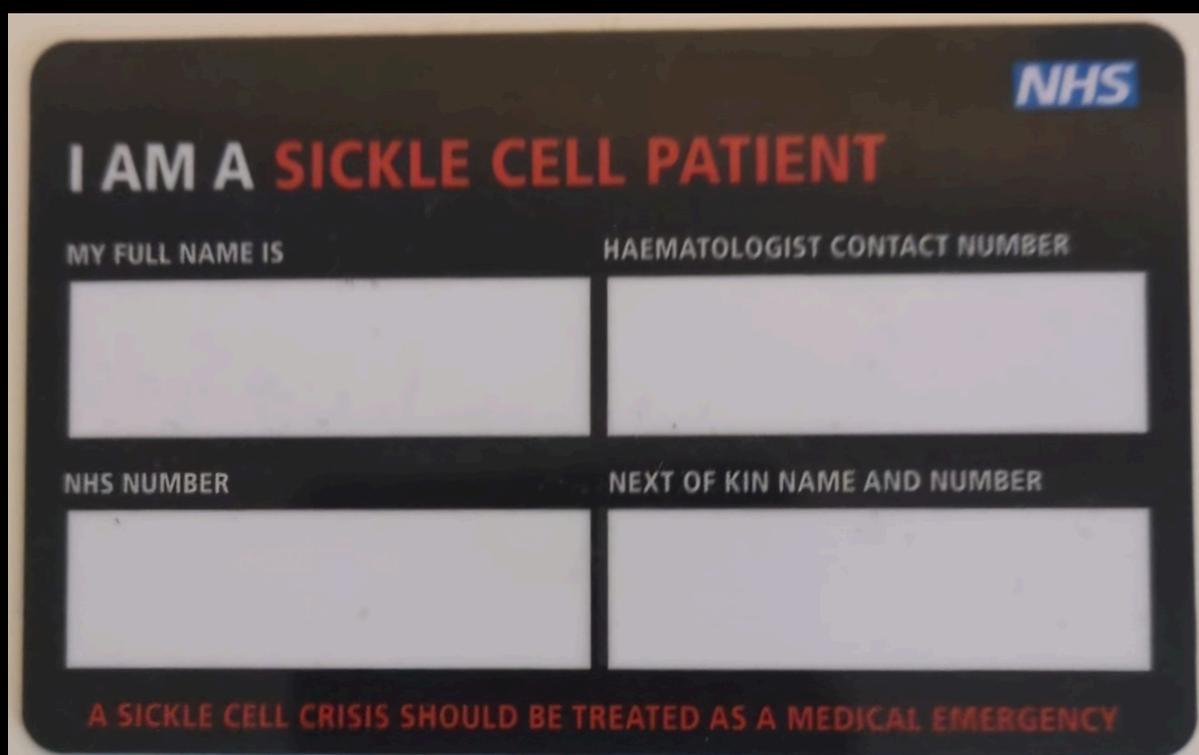
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WELCOME MESSAGE

We understand that living with sickle cell disease can be challenging. This guide provides helpful advice to support you during hospital visits, from managing pain to communicating with healthcare providers. Our goal is to ensure you receive the best care possible in a compassionate and supportive environment. We're here to help every step of the way.

HAEMAGLOBINOPATHY CARD

Carrying a hemoglobinopathy card ensures that healthcare providers have essential information about your sickle cell disease, allowing for quicker and more accurate treatment. It helps manage emergencies and ensures you receive the appropriate care even if you're unable to speak.



The image shows a dark-colored NHS Sick Cell Patient Card. At the top right is the NHS logo. Below it, the text reads "I AM A SICKLE CELL PATIENT" in white and red. The card is divided into four sections for personal information: "MY FULL NAME IS", "HAEMATOLOGIST CONTACT NUMBER", "NHS NUMBER", and "NEXT OF KIN NAME AND NUMBER". Each section has a corresponding white box for writing. At the bottom, a red banner contains the text "A SICKLE CELL CRISIS SHOULD BE TREATED AS A MEDICAL EMERGENCY".

NHS	
I AM A SICKLE CELL PATIENT	
MY FULL NAME IS	HAEMATOLOGIST CONTACT NUMBER
<input type="text"/>	<input type="text"/>
NHS NUMBER	NEXT OF KIN NAME AND NUMBER
<input type="text"/>	<input type="text"/>
A SICKLE CELL CRISIS SHOULD BE TREATED AS A MEDICAL EMERGENCY	

PREPARING FOR A&E

Prepare Your Medical Information:

- Inform medical staff of your specific type of sickle cell disease (e.g., HbSS, HbSC, etc.)
- Any relevant medical history, including recent crises or hospitalisation.
- Your regular medications (e.g., pain management regimen, hydroxyurea).
- Contact numbers and or names for your your sickle cell specialist and haematology consultant.





PREPARING FOR A&E

Prepare a list of Symptoms: Clearly describe the symptoms you're experiencing, especially:

- The location of the pain (e.g., chest, joints, bones).
- The intensity of the pain (using a scale from 1-10).
- Whether the pain is sudden or has been building up over time.
- Any other associated symptoms (e.g., fever, difficulty breathing, swelling).

Know Your Pain Management History:

- **Previous Pain Management:** Share details of any pain management strategies that have worked for you in the past, whether they include specific medications (e.g., opioids like morphine, nonsteroidal anti-inflammatory drugs), heat or cold therapy, or other methods.
- **Pain History:** Let the medical staff know if you've experienced similar pain before and what helped alleviate it.

WHILST IN A&E



Initial Triage and Assessment

- **Pain Is a Priority:** Inform the triage nurse about your sickle cell disease and the level of pain you're in. Sickle cell pain crises are acute and severe, and pain relief should be prioritized.
- **Be Clear About Your Condition:** Ensure the staff knows you're there for sickle cell disease pain and not a general injury or unrelated condition. This ensures they understand the urgency and appropriate treatment.

Pain Relief and Treatment

- **Aggressive Pain Management:** Be prepared for the medical team to give you intravenous (IV) pain relief if the pain is severe. Typically, opioids like morphine or hydromorphone are used, but other options may be provided based on your individual needs.
- Pain management will usually be started quickly once the severity of your pain is assessed.
- If you're not getting adequate pain relief, ****advocate for yourself**** and request more effective treatment or a second opinion if needed.

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INPATIENT CARE



If you are admitted, pain management will continue, and you may receive IV painkillers or oral medications. You may also need longer-term hydration and blood transfusions if necessary.

Ongoing Monitoring and Tests

The medical staff will keep a close eye on your vital signs, especially your heart rate, oxygen levels, and hemoglobin levels. You may undergo further imaging (e.g., chest X-rays, ultrasound) or blood tests.

Follow-Up Care

Your care team will make arrangements for follow-up care with your sickle cell specialist or hematologist to ensure your condition is closely monitored after discharge.

OUTPATIENT PLAN



You will receive discharge instructions about managing your pain at home, medications, and any follow-up appointments with your sickle cell specialist.

PAIN MANAGEMENT

- You may be prescribed oral pain relief and hydration instructions. Make sure you understand when and how to take medications and how to handle any side effects.

FOLLOW-UP APPOINTMENTS

- After being discharged from A&E as an inpatient, it is important to have follow-up appointments with your sickle cell doctor or specialist to ensure you're recovering properly and to prevent future crises.



COMMUNITY ENGAGEMENT & EMPOWERMENT

Community engagement and empowerment are key for people living with sickle cell disease (SCD).

At Sickle Cell Care Manchester we constantly work towards engaging and empowering patients, carers and the wider community in helping improve health outcomes and overall well-being for those living with sickle cell.

ADDITIONAL INFO:

When going into hospital, having items of comfort can make the stay less perplexing. Bring items such as:

- headphones
- books, crossword, wordsearch/jigsaw/game console
- blanket/ throw
- kindle/ e-reader
- own nightwear
- comfy jumper/tracksuit
- coffee/tea/snacks





CONTACT & RESOURCES

- **Sickle Cell Specialist Unit:** 01617013233
- **Sickle Cell and Thalassemia Centre:** 01615296605
- **NHS 111:** For urgent but non-life-threatening advice
- **Support Groups:** Sickle Cell Care Manchester
- **www.sicklecellsociety.co.uk**
- **Food Bank:**
- **Citizens Advice Bureau**
- **Sickle Cell UK:** www.sicklecelluk.org
- **Sickle Cell & Thalassemia Screening Programme:** www.gov.uk/government/collections/sickle-cell-and-thalassaemia-screening-programme

“YOUR CARES ARE OUR CARES”