



Fife Rheumatic Diseases Unit



Diagnosis Information

This pack given to you by the Rheumatology team contains information about your condition.

To learn more about our service, we now direct you to the NHS Fife YouTube channel. Here you will find some short videos that will tell you about our team and how we work. They will also explain how to adopt a Self-Management approach. This means that you take an active role in your care, working with our team to improve your health and wellbeing.

This series has been created as an essential step in getting support from the team, so please take some time to watch through all four parts. You may want to watch these with a family member or friend. We hope that they are helpful in showing you how you can manage your condition better. **You will get a phone call from a member of our team to discuss these videos and answer any questions you have. It is important that you have watched the videos prior to this call.**

To find these videos, type in your internet search bar “Youtube/NHS Fife Rheumatology-” then the name of the video below to get to the one you want:

1. **Service introduction.**
2. **Introduction to self-management.**
3. **Becoming a good self-manager.**
4. **Helpful resources.**

If you have any questions, or would like support in accessing this series, please contact our Rheumatology service on 01592 648193.

If you require this information in this leaflet in a community language or alternative format e.g. Braille, easy read, audio please contact the Equality and Human Rights Department at: fife-UHB.EqualityandHumanRights@nhs.net or phone 01592 729130.