

## Dermatology – Phototherapy to Skin

### 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

The term *phototherapy* is a form of treatment where fluorescent light bulbs are used to treat skin 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 of light.

Phototherapy will consist of 2-3 sessions each week and at least 20 or more sessions are potentially required. At UHDB we have useful patient leaflets that will give you valuable information on the run up to and after your surgery/procedure to help you recover quicker. The below link will direct you straight to our dermatology information leaflets but you will be able to use the search bar to navigate to any other specialties.

[Patient leaflets | Adults | UHDB Trust | University Hospitals of Derby and Burton NHS](#)

You may have been to see your GP and they advised that they were going to refer you to the hospital, but you haven't yet had an appointment through. Until you have received your appointment you will stay under the care of your GP. Your GP will be aware of direct access diagnostic waiting times and will only request diagnostics tests that will change the future management of your care.

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.

**Royal Derby Hospital Switchboard - 01332 340131**

**Queen's Hospital Burton Switchboard - 01283 566333**

### Healthy Lifestyle

To stay fit and healthy, it's recommended that you get at least 150 minutes of moderate physical activity a week, around 20 to 30 minutes a day. This could be gentle exercise such as walking and swimming.

Improving your general fitness through regular exercise, eating a healthy, balanced diet, and stopping smoking (if appropriate) prior to surgery can all help you to be better prepared and to recover more quickly.

## My Planned Care Patient Information Platform

The following links will give you information about health and fitness support which you can access in Derbyshire and Staffordshire. The links will help support you with losing weight, maintaining a healthy diet and stopping smoking and transforming your life.

- <https://www.livewellderby.co.uk/>
- <https://www.livelifebetterderbyshire.org.uk/home.aspx> -
- <https://www.mpft.nhs.uk/services/staying-well-service>
- [Healthy eating guide | Age UK](#)

There are often things you can do and changes you can make that can help you to cope with your condition whilst you are waiting. There is a range of information and guidance for each specialty at UHDB. Please visit <https://www.uhdb.nhs.uk/a-z-of-all-services> for information for the specialism you are being treated by.

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/>

At University Hospitals of Derby & Burton we appreciate that treatment is taking a lot longer during these challenging times. Please see the useful link below to further dermatology resources to support you whilst waiting for treatment;

- [Home Page - British Association of Dermatologists \(bad.org.uk\)](https://www.bad.org.uk/) - this website is highly recommended by consultant and nursing professionals at UHDB

## What should I do if my health is deteriorating?

If you have an appointment, and you feel that your symptoms are worsening, then please call our switchboard numbers and you will be transferred to the dermatology team for further support and advice. If you are yet to receive your appointment, and you feel that your symptoms are worsening, then please see your GP.

## Symptoms to watch out for are

If your skin is getting worse while you are on the waiting list for phototherapy please contact your consultant's secretary through our switchboard.

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](https://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.

## Contact Us

Any email enquiries can be sent to our Patient Advice and Liaison Service (PALS); [uhdb.contactpalsderby@nhs.net](mailto:uhdb.contactpalsderby@nhs.net)

If you feel that the hospital clinical team 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, visit <https://www.uhdb.nhs.uk/patient-advice-and-liaison-service-pals/> for further details.