

A dedicated Turners clinic improves adherence to UK recommended best practice and is well liked by patients

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Background

Prior to 2014 Portsmouth patients with Turners syndrome (TS) were seen in a variety of endocrine clinics. Any screening investigations required e.g. cardiac echo & audiology necessitated further appointments on different days. The Turners Syndrome Support Society (TSSS) recommend that ladies should be under the care of a specialist multi-disciplinary TS clinic, equipped to manage the specific medical problems associated with the syndrome.

Innovation

Portsmouth Endocrine Department established a dedicated Turners MDT clinic staffed by Consultant Endocrinologist & nurse specialist. Liaison with cardiology & audiology led to provision of same day echocardiography and audiology tests. All patients arrive together with the first 30 minutes dedicated to discussing a relevant topic over coffee. Subsequently patients are seen by the nurse specialist then consultant. Throughout the morning they go to different departments to have their screening tests, returning to the endocrine department to talk with the other ladies between consultations.

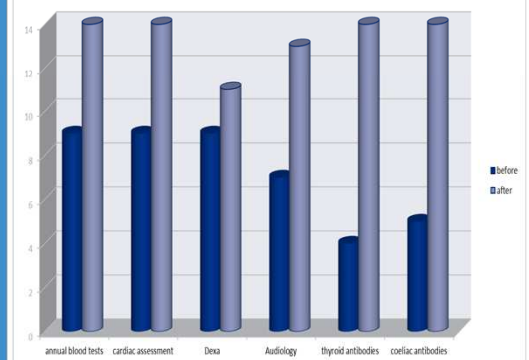
Audit

We reviewed the notes of all patients with TS registered on our database. We compared our compliance with recommended monitoring pre and post establishment of the dedicated clinic. A Patient satisfaction survey was sent to all participants. Repeated non attenders were excluded.

Screening Test	Before joint clinic %	After joint clinic %
Annual blood tests	65	100
Echocardiography	65	100
Audiology test	50	90
DEXA Scan	35	80
Thyroid autoantibodies	20	100
Coeliac Antibodies	35	100

Results

There was a marked improvement seen in adherence to recommended monitoring as per the TSSS checklist after establishment of the dedicated clinic. Satisfaction survey results were overwhelmingly positive. Women appreciated having all investigations on the same day, and enjoyed meeting and talking to others similarly affected.



Thank you for a great Clinic!

Saves me time and travel

Much more efficient than having lots of separate appointments

GREAT IDEA

Was good to have a chat about other ladies experiences of Turners

Future plans

Our cohort size suggests we are not seeing all affected women in our catchment area. The joint clinic has been advertised to local GPs raising awareness of TS and the recommended screening schedule. Additionally, we have recognised the frequency of abnormal liver function tests in this group, leading to a Consultant Hepatologist recently joining the team providing same day fibroscans and review.

