



## CONSULTATION AND MEDICAL PROCEDURE CONSENT FORM

### What is a Rheumatology Consultation?

A rheumatology consultation involves the assessment and management of diseases that affect the joints, muscles, bones, and immune system. Common conditions include rheumatoid arthritis, lupus, gout, vasculitis, scleroderma, and osteoarthritis. Our specialist will conduct a detailed evaluation of your symptoms, medical history, physical examination, and relevant investigations (such as blood tests or imaging studies) to establish a diagnosis and create a management plan tailored to your needs.

### What Investigations or Procedures May Be Performed?

As part of your care, one or more of the following may be recommended:

- **Blood tests** to assess inflammation, autoantibodies, and organ function.
- **X-rays, ultrasound or MRI** to visualize joints or soft tissues.
- **Joint aspiration or injection** to relieve pain or aid diagnosis.
- **Biopsy** (rare) if there is a need to sample tissue (e.g., muscle, skin).

### Will There Be Discomfort?

Most assessments are non-invasive. Joint aspirations or injections may cause mild discomfort, which is minimized using local anaesthetic. You may experience some pain or swelling afterwards, but this usually resolves quickly.

### Risks and Complications

As with any medical procedure, there are potential risks. These include but are not limited to:

- Mild pain or bruising at blood draw or injection sites.
- Allergic reactions to medications.
- Rare infection following joint procedures.
- Flare of underlying disease following interventions.

### Responsibilities Before Your Appointment

- Bring a list of current medications and any relevant prior investigations.
- Inform the doctor of any known allergies or side effects.
- Continue regular medications unless advised otherwise.
- Inform the doctor if you are pregnant, breastfeeding, or planning surgery.

### What Can You Expect After the Appointment?

You will receive advice on diagnosis and next steps. This may include starting new medications, lifestyle changes, further investigations, or referral to allied healthcare professionals. Some medications may require regular monitoring through blood tests.



### **What Are Your Safety Considerations?**

Some rheumatology medications suppress your immune system and may increase your risk of infections. It is important to:

- Report any signs of infection promptly.
- Attend all monitoring appointments.
- Receive appropriate vaccinations (flu, pneumococcal, etc.).

### **Consent and Patient Acknowledgment**

By signing this document, you confirm that:

- The nature and purpose of the consultation and potential procedures have been explained to you.
- You have been informed of the risks, benefits, and alternatives.
- You had the opportunity to ask questions and these have been answered to your satisfaction.
- You understand that no guarantees can be made regarding the outcome.
- You agree to share medical information relevant to your care with this practice.
- You understand that clinical photographs or imaging may be stored as part of your record.

### **Patient Consent**

I, the undersigned, understand the above information and agree to proceed with the rheumatology consultation and any necessary procedures or investigations discussed with me.

**Patient Name:** .....

**Signature:** .....

**Date:** .....

### **Doctor Declaration**

I have explained the contents of this information sheet and answered the patient's questions to the best of my ability.

**Doctor Name:** .....

**Signature:** .....

**Date:** .....

**Dr SD Ntshalintshali**

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