



Combined Neuromuscular Clinic

Introduction

This clinic is for children and young adults with a diagnosed or presumed diagnosis of a neuromuscular disorder. This is a joint clinic between a Consultant Paediatrician in Neurodisability and a Consultant Paediatric Neurologist specialising in neuromuscular conditions. This service is for those who need a more specialist view of their problems and may need tests which are available at Guy's & St. Thomas' NHS Trust

About the clinic

Who can attend this clinic?

Children and young adults under the age of 20. We will discuss with you and arrange appropriate transfer to adult services after that.

Why choose to come to this specialist Neuromuscular Clinic?

- Diagnose a neuromuscular disorder and provide treatment / management
- To provide you with information and support
- To advise you on specialist equipment, aids to improve functional ability and maintain good health
- To ensure you receive co-ordination of the services you may need
- To ensure a smooth transfer of care into adult services
- Provision of recommendations and clinical management locally

Who can refer me to the clinic?

Referrals can be made to this service by the Chailey Neuromuscular Clinic team via your paediatrician or GP.

How often are the clinics?

The clinic is held 3 times a year on a Wednesday.

About the appointment

How long is the appointment?

The appointments are 1 hour

Who will I meet?

- Consultant Paediatric Neurologist and Specialist in Neuromuscular disorders
- Consultant Paediatrician in Neurodisability
- Specialist Neuromuscular Physiotherapist

Where will the appointment be?

In an Out Patient Clinic room at Chailey Clinical Services. When you arrive our receptionist will check that we have your correct details and show you where to wait for your appointment.

What do I need to bring with me?

Any relevant clinical records, reports or letters.

What will happen during the appointment?

After initial introductions, we will ask you your views with regard to the reasons you have been referred for. A clinical examination will follow after which our assessment and recommendations will be discussed with you.

You may have many questions and we will ensure that time is given to address these. Parents and partners are encouraged to attend together. A family member or a friend are also very welcome.

Blood tests and / or an x-ray may be required which may be done at Chailey Clinical Services. If more complex investigations are needed they will be carried out at the Evelina Children's Hospital in London. You may also require a referral to another service either here or at another clinical centre which we will arrange.



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What will happen during the appointment?

Follow up may be at the Chailey Clinical Services Neuromuscular clinic. At the end of the clinic appointment we will review and decide with you how often you need to be seen and at which clinic. An example might be that you are seen by your local paediatrician alternating with the Chailey Neuromuscular clinic on a 6 monthly basis and seen at the combined neuromuscular clinic when we need to consult with the full team or a particular investigation is required.

What will happen after the clinic?

Following on from the clinic, a report of the assessment is sent to you within 3 weeks of the appointment documenting the discussion and decision made. A copy will be sent to your referrer, GP and any one else you would like it to go to.

We're here to help

We're always happy to answer any queries that you may have.

If you have any queries at all, please contact the clinic secretary on:

 **Phone:**
01825 722112

 **Fax:**
01825 724719

 **Email:** sc-tr.enquirieschcs@nhs.net

Or visit our website:
www.sussexcommunity.nhs.uk/chailey