



Eating & Drinking Management Clinic

Introduction

This is a service run by the Specialist Speech and Language Therapist who is the Clinical Lead for Eating and drinking difficulties at Chailey Clinical Services. The service is for children and young adults who have significant eating and drinking difficulties arising as a result of impairments of motor ability or sensation around the mouth, face and throat.

About the clinic

Who can attend this clinic?

Children and young adults under the age of 19 (at time of referral).

Why choose to come to the Eating & Drinking Clinic?

- If you wish to seek advice on the treatment and management of an eating and drinking difficulty.
- To obtain a more detailed assessment of an eating and drinking difficulty including further investigations such as a moving x-ray of swallowing.
- To clarify the risks arising from an eating and drinking difficulty and possible ways of managing those risks.

Who can refer me to the clinic?

Referrals can be made to this service by your speech and language therapist, G.P. or Paediatrician.

How often are the clinics?

The clinics are held every month throughout the year.

About the appointment

How long is the appointment?

The appointment time varies but can take from 60 to 90 minutes. Follow up appointments will be arranged depending upon the nature of your eating and drinking difficulties.

Who will I meet?

Specialist Speech and Language Therapist (Clinical Lead for Eating and Drinking Difficulties).

Where will the appointment be?

An appointment will be arranged at a venue and time that best suits you, in order that usual mealtime patterns can be observed. Visits will be made to home and / or to school. Alternatively, a clinic appointment at Chailey Clinical Services would be possible.

What will happen during the appointment?

The Specialist Speech and Language Therapist may need to observe you eating and drinking in your usual way. There will be opportunities to discuss the nature of the difficulties and any concerns you may have. Recommendations of particular techniques or management strategies relating to the presenting difficulties may be made.



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Will any further investigations be needed?

In some circumstances, further investigations need to be carried out to look at how safe it is for you to eat and drink. The procedure frequently used is a dynamic x-ray of swallowing (i.e. video fluoroscopy) and the necessary arrangements with one of the regional hospitals most convenient for you will be made.

The Specialist Speech and Language Therapist will attend the appointment with you and discuss the implications of the results with you and your paediatrician. Any changes to your eating and drinking management will be overseen by the Specialist Speech and Language Therapist, in consultation with you.

What will happen after the clinic?

Following this appointment a letter will be sent to the person who referred you to this service with copies to you, your G.P. and any other healthcare professionals as requested by you. There will also be liaison with your local Speech and Language therapy service throughout the treatment.

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:

Phone:
01825 722112

 **Fax:**
01825 724719

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

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