



# Neuromuscular Clinic

## Introduction

**This clinic is for children and young adults with a diagnosed or presumed diagnosis of a neuromuscular disorder. This service works with your local Child Development Team to assess your needs and solve problems.**

## About the clinic

### Who can attend this clinic?

Children and young adults under the age of 19 (at time of referral). We will discuss with you and arrange appropriate transfer to adult services after that.

### Why choose to come to a Neuromuscular Clinic?

- To be assessed and to have investigations carried out in order to provide you with a diagnosis
- To receive ongoing support and regular revision of your treatment plan
- To review the need for an onward referral to a specialist combined neuromuscular team
- To receive co-ordinated care with your local multi-disciplinary team
- To have arrangements made to transfer you to adult services when appropriate

### Who can refer me to the clinic?

Referrals can be made to this service by your paediatrician or GP. The referral letter should contain details of your clinical concerns.

### How often are the clinics?

The clinic is held once a month on a Thursday.

## About the appointment

### How long is the appointment?

First appointments are allocated 60 minutes and review appointments 45 minutes.

### Who will I meet?

- Consultant Paediatrician in Neurodisability
- Specialist 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 can usually all be done at Chailey Clinical Services. You may require a referral to another service either here (e.g. Combined Neuromuscular Clinic) or at another clinical centre which we will arrange.



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### 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](mailto:sc-tr.enquirieschcs@nhs.net)

**Or visit our website:**  
[www.sussexcommunity.nhs.uk/chailey](http://www.sussexcommunity.nhs.uk/chailey)