



Paediatric and Young Adult Spinal Clinic

Introduction

This is a multi-professional clinic for children and young adults with complex physical disability including curvature of the spine.

About the clinic

Who can attend this clinic?

Children and young adults under the age of 19 (at time of referral). For Adults over the age of 19 funding will need to be agreed.

Why choose to come to a Spinal Clinic?

- You will have the opportunity to discuss your concerns with a specialist consultant and physiotherapist, who will look at the causes for changes in the shape of your spinal curve, will listen to you and answer your questions.
- All discussions are held in confidence and your personal dignity will be respected at all times during consultation and examination.
- The team will also look at what you may need to help keep your spine straight, to maintain your activities and lifestyle, to ease pain and to sit in a comfortable way to maintain a straight spine.
- The team are experienced in looking at many different causes of spinal curves and scoliosis and you will also have the opportunity to discuss and consider issues of posture and function and receive advice on what options can be offered such as visiting an orthopaedic surgeon and referral to an experienced spinal surgeon.

Who can refer me to the clinic?

Referrals can be made to this service by your paediatrician, G.P., orthopaedic surgeon or physiotherapist. There are two types of clinic teams that we will allocate you to and this will depend on your presenting clinical issues:

1. A team led by a paediatrician
2. A team led by a spinal surgeon

How often are the clinics?

The clinics are held twice a month

About the appointment

How long is the appointment?

If it is your first appointment you will be allocated 30 minutes. Any follow up appointments take approximately 20 minutes. If an x-ray is required before the appointment this may take another 10 to 20 minutes (x-ray facilities are on site).

Who will I meet?

You will meet the following people:

- Consultant Paediatrician in Neurodisability and Lead Clinician for the Spinal Clinic.
- Specialist Physiotherapist
- The Clinic Assistant
- Radiographer

And/or

- Specialist Spinal Surgeon visiting from the Evelina Children's Hospital, London.

Where will the appointment be?

In the Outpatient 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. The clinic assistant will meet you and take you to the clinic room.

What will happen during the appointment?

After an initial introduction, relevant medical history will be taken and then the team will look at your spinal curve in sitting and standing (if appropriate). The spinal curve will be viewed on x-ray, measured and compared to any previous x-rays.

The effectiveness of your current seating system will be discussed. The team will be able to refer you to Chailey Clinical Services posture clinic or to your local Wheelchair Service as appropriate.



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The team will review or refer you for a spinal support / jacket (Thoracic Lumbar Sacral Orthosis:TLSO). The TLSO's are made for each individual and are to a very high standard. The casting for the TLSO is onsite and the follow up appointments are either at Chailey Clinical Services or in Lewes at the John Florence Orthotic workshop

What to bring to the clinic?

If you use a TLSO or a wheelchair, please bring these with you. It would also be useful to bring your 'Child Health Record', if available. We'd also like to know the name of your paediatrician, physiotherapist and if you see an orthopaedic surgeon.

What will happen after the clinic?

A report will be sent to you within 4 weeks of the appointment, documenting the discussions and decisions made. Your referrer, physiotherapist and G.P. will also receive a copy for their records. If other professionals need a copy of the report please let us know.

If you have any queries once you receive your report, please contact the clinic secretary who will be happy to answer them.

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