



SASBAH Clinic

(Sussex Association for Spina Bifida & Hydrocephalus)

Introduction

This is a multi-professional advisory service for adults with spina bifida and/or hydrocephalus.

About the clinic

Who can attend this clinic?

Adults over the age of 16.

Why choose to come to a SASBAH Clinic?

- To provide you with the opportunity to discuss any issues or concerns you may have on issues related to your condition with a medical consultant, physiotherapist, specialist continence nurse and dietician.
- To discuss any social or personal issues with a SASBAH representative who attends the clinics.
- To receive specialist advice on continence issues and have appropriate investigations arranged.
- To receive advice and support on postural management, seating, orthotics and footwear.
- To receive advice and support on nutrition and management of your diet.
- To ensure that you are receiving appropriate on-going support from your local services.

Who can refer me to the clinic?

Referrals can be made to this service by your GP, or other healthcare professional.

How often are the clinics?

The clinic is held twice a month.

About the appointment

How long is the appointment?

The initial appointment time is usually 1 ½ to 2 hours depending on which members of the team you wish to see individually.

Who will I meet?

You will meet :

- Consultant Paediatrician in Neurodisability
- Senior Physiotherapist
- Dietician
- Nurse Practitioner
- General Manager SASBAH

Where will the appointment be?

In Out Patient Clinic 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 nurse will meet you and take you to the clinic room.



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What will happen during the appointment?

You will meet the consultant who specialises in your disability. The consultant will discuss your medical needs and you may be required to have a physical examination.

You will meet the nurse practitioner who can advise you on skin problems, continence, family planning and other general health information.

The physiotherapist can advise you on mobility, including wheelchairs, footwear and orthotics.

The dietician can advise you on nutrition and discuss management of your diet with you.

The SASBAH advisor can offer advice on non medical issues such as benefits, housing etc.

What will happen after the clinic?

Any referrals will be made to your local adult services as necessary for ongoing care. A letter will be sent to your GP with a copy to you.

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