

# Paediatric Neuropsychology Service: Treatment

**This leaflet explains about the Paediatric Neuropsychology Service at St George's Hospital. If you have any further questions, please speak to one of the doctors, nurses or psychologists working with you.**

## **What is the Paediatric Neuropsychology Service?**

We are a team of specialist clinical psychologists (called neuropsychologists) who see children with medical conditions or injuries that may affect their brain and development. This could be a condition with which they are born, for example a genetic disorder, or something that occurred during development, for example a brain injury, epilepsy or stroke. The service is part of the Paediatric Psychology service.

Clinical psychologists are trained to understand how people, think, feel and behave. The psychologists working in this service aim to help children and their families cope with the psychological aspects of health and illness related to conditions that affect the brain.

## **Why might I / my child want to use the service?**

Parents and children come to see the neuropsychology team for all sorts of reasons, including:

- coping with symptoms
- anxiety and/or low mood
- behavioural support
- social difficulties
- school reintegration
- adjusting to a diagnosis, illness or brain injury.

**Some people will meet with their psychologist several times, whereas others will only need to meet once or twice. Your psychologist may meet with you and your child together and/or separately.**

### **What does the first appointment involve?**

Your psychologist will begin by talking to you and your child to find out how they can help. They will ask for everyone's concerns and ideas, as well as information about what has been tried already, school and family life. The first appointment usually lasts 60-90 minutes.

### **What happens afterwards?**

At the end of the appointment you and your psychologist will agree a plan about what happens next. This could involve more sessions to begin addressing your agreed goals, gathering more information (e.g. from school) or referral to a more suitable service.

The psychologist will write a summary letter, which will be sent to you, the referrer and your child's GP.

### **Who is this service for?**

Children are referred by a member of the paediatric team at St George's Hospital, such as their nurse, neurologist or neurosurgeon. After referral your child will go onto our waiting list and we will send you a questionnaire to complete and return to us. This provides us with useful background information. When we can offer you an appointment, we will contact you to arrange this and send an appointment letter. If you would like more information on waiting times or are concerned that you have not heard from us then please telephone.

### **Where do we need to go?**

Neuropsychology appointments take place in two locations at St George's Hospital:

- Paediatric Psychology, 5<sup>th</sup> floor Lanesborough Wing
- Neurology Outpatients, Ground Floor, Atkinson Morley Wing.

Your appointment letter will have more details about where your child's appointment is to take place and how to get there.

### **Getting to and from the hospital**

Information about getting to the hospital, as well as a map of the hospital site, is available on our website: [Sites - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](https://www.stgeorges.nhs.uk/sites).

If you are coming by car, please be aware that there is limited parking space available. Some children and families may be eligible for patient transport; if you would like further information, please contact the Patient Transport Assessment and Booking Team on 020 8725 0808. The Hospital Travel Scheme is also available for patients on low income or receiving benefits. More information is available via CareLine on 020 8875 0500.

### **Contact us**

If you have any questions about the Paediatric Neuropsychology Service or would like to speak to us about arranging an interpreter for your appointment, please contact us on 020 8725 2214 (Monday to Friday, 9am to 5pm). Out of hours, please leave an answerphone message.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](https://www.stgeorges.nhs.uk)**

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### **Additional services**

#### **Patient Advice and Liaison Service (PALS)**

PALS can offer you on-the-spot advice and information when you

have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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