

# Transition from Paediatric Neurodisability to Adult Neurology Services

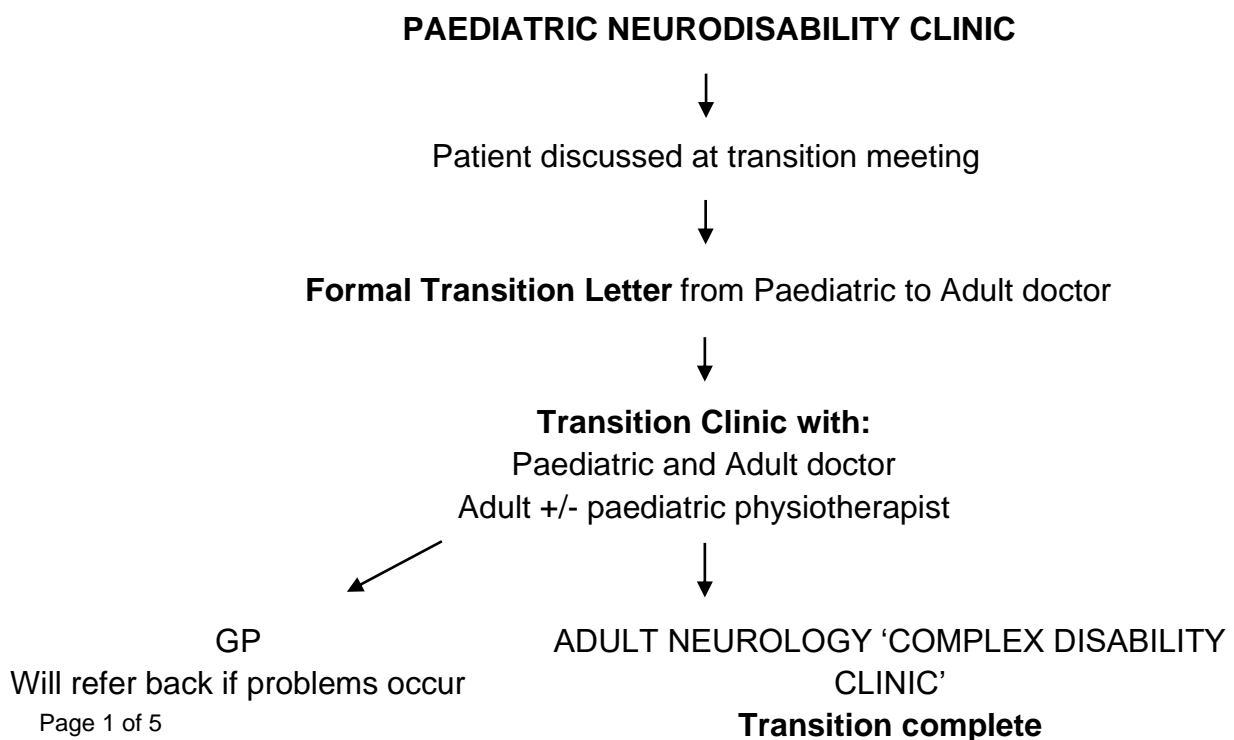
This leaflet contains information for young people and their families. If you have any further questions, please speak to a doctor or nurse caring for you.

## Introduction

Transitioning from paediatric to adult services can be a stressful and scary time for a young person and their family. This leaflet is designed to provide some information about the process and the practicalities surrounding the transition.

## The process

The transition clinic has been running at St George's Hospital since 2015. It is a collaboration between the paediatric and adult teams aiming to make the transition as smooth as possible.



## **Frequently Asked Questions**

### **Why does the young person need to transition?**

When a young person reaches the age of 18, they are legally recognised as an adult. The transition process is therefore started between the ages of 14-16 but the average age at which a young person is seen in the transition clinic is 16-18 years. Paediatricians manage children up to this age but once a young person is considered an adult, the adult specialist doctors take over.

### **Who are the medical specialists taking over the care of the young person?**

These will be the adult neurology doctors specialising in conditions such as cerebral palsy and neurological disabilities. Several years of training and experience are required for doctors working in this area.

### **Will the new team know my child's background?**

We make every effort to make communication as smooth as possible. A formal referral letter and a discussion with relevant information are shared between the paediatric team and the adult team prior to the transition clinic. The electronic notes and paper notes are usually available to both teams. During the transition clinic, together with the doctor, the parent / guardian / young person will complete a Patient Medical Passport, which will outline important information regarding their medical management as an adult.

### **Is this transition process the same for all specialities like gastroenterology or respiratory?**

No. This transition process is only for neurodisability. Any other medical teams involved in the young person's care will have a

separate but similar transition process.

### What happens in the case of an emergency?

Once seen and discussed at the transition clinic, the young person should either contact their GP or attend Adult Accident and Emergency (A&E). Prior to this, the young person should attend Paediatric A&E as usual.

### What happens on admission to hospital?



An admission to hospital after transition will be to an adult ward. Please ensure you have filled in your Hospital Passport and always have it with you.

### Practical information

#### Name of “new” adult clinic

Complex Disability Clinic and Spasticity Clinics

#### Location of “new” adult clinic

The Complex Disability Clinic runs on Friday afternoons in The Department of Neurology, Ground Floor, Atkinson Morley Wing, St George’s Hospital. Spasticity Clinics run on Mondays and Wednesdays at Queen Mary’s Hospital, Roehampton.

## **Adult neurology team members (where the predominant problem is spasticity)**

Dr Catherine Dalton, consultant neurologist

Ms Hannah McManus, paediatric physiotherapist

Ms Aimee Pinto, spasticity physiotherapist

Secretary: 020 8487 6340

## **Contact us**

If you have any questions or concerns about the neurodisability transition process, please contact the Child Development Centre on 020 8725 3728 (Monday to Friday, 9.00am to 5.00pm).

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

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## **Additional services**

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

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**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 of 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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