

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 your child.

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 or neurodevelopmental disorder or something that occurred during development, for example a brain injury, epilepsy or stroke.

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 I need to go?

Neuropsychological assessments may involve video, telephone and face to face appointments. Appointments take place in two locations at St George's Hospital:

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

The appointment letter will have details about where the appointment is and how to get there. Please ensure your child attends with someone who can legally consent to the assessment.

What should I bring?

It is helpful to bring the following to the appointment:

- Any recent school or therapy reports (if not already sent)
- Child's red book (for information about early development)
- Glasses and / or hearing aid, if appropriate
- A snack and drink for your child.

What does the assessment involve?

You will initially see the psychologist who will talk to you and your child about any concerns that you may have. This normally takes about one hour and may be offered as a video or telephone appointment. The psychologist will then typically see your child by themselves to complete a range of thinking games and puzzles to assess skills such as intellectual functioning, memory, attention, language and problem solving. This typically takes two to three hours.

What happens afterwards?

The psychologist will score and interpret the tasks that have been given, so comprehensive feedback will not be given on the same

day. The psychologist will write a report, with the findings from the assessment used to inform recommendations to support continuing care. The psychologist will arrange a time to discuss the report with you and your child (if appropriate), which could be at the hospital, by video or over the telephone.

The final report will be shared with medical professionals and non-medical professionals (e.g. education) if parental / carer consent is given.

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 and 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

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

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** 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). 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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