Patient Information

Kingston Hospital
NHS Foundation Trust

Neonatal neurodevelopmental follow up clinic

https://kingstonhospital.nhs.uk

This offers information for anyone whose baby has been referred to the neonatal neurodevelopmental follow up clinic.

What is the neonatal neurodevelopmental follow up clinic?

UK national guidelines recommend close developmental supervision of babies who are at risk of neurodevelopmental difficulties.

Neurodevelopment refers to brain development. This includes intellectual function, reading ability, social skills, memory, attention or focus skills.

The neonatal neurodevelopmental follow up clinic can monitor your baby's progress. It can offer medical and developmental assistance to support your baby's needs.

If we intervene early to tackle problems that arise, it helps us to achieve the best outcome for your baby.

Why have you offered me this appointment?

We have offered you this appointment because your baby was:

- born prematurely before 32 weeks, or
- born with a low birth weight (under 1500g), or
- extremely sick at birth.

Who will see my baby at the clinic?

We will give your baby a total of 3 appointments as outlined in the table below.

Age of your baby	Appointment offered by the clinic
3 to 4 months	30 minute appointment with a physiotherapist
12 months	45 minute appointment with a physiotherapist
2 years	1.5 hour appointment with a paediatric consultant and a physiotherapist

If your baby was born prematurely, we use their **due date** to calculate the ages at which we see them. This means that when we see your baby, they may be a little older than the age(s) set out in the table.

- During this period your baby may have additional appointments with your named paediatric consultant, your advanced nurse practitioners or the dietitian.

➔ We recommend you **continue** to attend these appointments. They will ensure all round care for your baby during this period.

What happens at my first appointment?

We may ask you to complete a questionnaire before your first appointment.

At your first appointment a physiotherapist will assess your baby. This assessment will be based on:

- visual observation
- physical examination
- a neurodevelopmental assessment which looks at motor (movement) skills, muscle tone, posture and movement patterns.

Once we have assessed your baby, we will either advise you to continue routine daily care or we will refer you to appropriate community services.

We will discuss our assessment and decision with you fully.

What happens at our 2 year follow up appointment?

When your toddler has their 2 year follow up, a physiotherapist and paediatric consultant will carry out a standard assessment.

This will look at your toddler's range of skills: cognitive (thought and experience), language, motor (movement), social emotional and adaptive behaviour.

This assessment will enable them to identify any developmental delays.

This ensures we can offer help, if needed, at an early stage in your child's development.

Where will my appointments take place?

Your appointments will take place in the Children's Outpatient department at Kingston Hospital, a short walk from the main entrance.

What happens if I cannot attend the appointment?

If you are unable to attend the appointment, contact our administration team on the number on your appointment letter (and see Contacts below) to reschedule the appointment.

More information

Bliss information for babies born premature or sick http://www.bliss.org.uk	
EiSMART information on developmental activities and ideas for high risk babies https://eismart.co.uk/	
Association of Paediatric Chartered Physiotherapists information for parents Association of Paediatric Chartered Physiotherapists	

Contacts

If you have questions, contact Kingston Hospital paediatric physiotherapy unit	07340 781059 khft.neurodevelopmentalfollowupkingston@nhs.net

Translate	Please speak to a member of staff before or during your visit to the hospital if you require translation.
Accessibility	Please contact the Patient Experience Team on 020 8934 3850 if you need this information in a different format. For information accessibility please visit Kingston Hospital AccessAble www.accessable.co.uk/kingston-hospital-nhs-foundation-trust
Support services Visit the hospital website, ask a member of staff, or ring us for details. www.kingstonhospital.nhs.uk	• 'Find Us' page for maps, transport, registering a blue badge, disabled access • Information, advice and support for patients and relatives (PALS) 020 8934 3993 • Pastoral and Spiritual Support 020 8546 7711 • Learning Disability Liaison Team 020 8934 6895

Switchboard 020 8546 7711	