

Tics and Neuro- Developmental Movements (TANDeM) service

This leaflet provides information for parents, carers and families on the TANDeM service and what to expect at your child's first appointment.

The TANDeM service?

The Tics and Neuro-Developmental Movement service (TANDeM) provides support for children and young people, up to the age of 18, with tics and other movement difficulties. We work as a multidisciplinary team that includes a number of specialist doctors and nurse support.

Why are children referred?

Children are referred for specialist assessment, intervention and ongoing support for the management of neurodevelopmental movement disorders, such as tics, Tourette syndrome, stereotypies, and other unusual movements such as functional neurological symptoms.

We offer second opinion assessments and/or support for children presenting with particularly complex symptoms. This may include difficulties commonly associated with movement disorders, such as anxiety, mood, attention/concentration, learning and behavioural problems.

How are children referred?

We accept referrals from health professionals based in community and specialist services.

Once referred, your child will go on our waiting list and we will send you some questionnaires to complete and return to us. This helps provide us with useful background information before we see your child.

When we are able to offer an appointment we will send you an appointment letter. If you are unable to make it or are concerned that you have not heard from us then please ring. Contact information can be found on the back page.

What can I expect at the appointment?

You will be seen by the multidisciplinary team, which may include neurology, psychology, psychiatry and nursing. We are a large team as we specialise in different areas. We sometimes separate during the appointment so that we can meet with you and your child individually; please ask at the start if you would like us to do this.

The appointment usually lasts about an hour. It will involve talking about your child's symptoms, early development, education and family history. The doctor or nurse will examine your child as necessary. Your child may be asked to go for additional tests (eg blood tests and body scans). These may be done on the day or at an additional outpatient appointment.

Children are referred for a range of different reasons, so the assessment is tailored to meet your child's specific needs. For most children, we are able to give you a diagnosis and discuss possible treatment options (eg parent groups, psychological therapy, medication). You will have an opportunity to ask any questions that you may have.

What happens afterwards?

All the information discussed at the clinical appointment, including diagnosis and treatment recommendations, will be sent in a letter to you, the referrer and your child's GP.

We will work with your local services to ensure that your child is offered the most appropriate and convenient support. If we have recommended any medication for your child, this will be arranged and managed by your local service.

What treatments are available?

Our service offers a stepped care approach to treatment, meaning that your child's treatment will be matched to their needs. We have a range of options available:

- school liaison and advice
- consultation with other services
- education/training groups for parents/carers
- individual/group psychological therapy
- neuropsychology assessments
- medication reviews and follow-up.

These options will be explained in more detail at your first appointment.

☑ First appointment checklist

Please bring as much of the following information as possible to your appointment:

- Tic or movement history, including when movements first developed.
- Any video footage of the movements
- Health & developmental history details (personal child health record – red book).
- Details of any current medication.
- Details of any professionals previously seen for help or advice.
- Copies of previous reports and investigations (eg cognitive assessments and educational psychology reports).

Where do I need to go?

Appointments are at the Newcomen Centre at St Thomas' Hospital. This is in the South Wing (marked in purple on maps). We are on the first floor off Staircase B.

Travelling to the hospital

Hospital travel cost scheme

If you are entitled to claim benefit payments from the government, you may be able to claim back the cost of your journey to the hospital. Please bring to your appointment evidence of your benefit status and evidence of your journey (eg receipts, train tickets, oyster card statement). The receptionist at the Newcomen Centre should be able to advise you about claiming this money back.

Patient transport scheme

If you have difficulties travelling for medical reasons, you may be eligible for the patient transport scheme. Please phone **t:** 020 7188 2888 to discuss this.

Contact us

Children's Neurosciences Centre
St Thomas' Hospital
First floor, Staircase B, South Wing
Westminster Bridge Road
London SE1 7EH

If you have any questions or concerns please contact us on **t:** 020 7188 3997.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Further information

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS)

e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints)

e: complaints2@gstt.nhs.uk

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