

Complex feeding clinic

Information for parents,
carers and families

What is the complex feeding clinic?

This clinic is for children with different types of feeding problems, including:

- eating a very restricted range of foods (selective eating).
- rarely appearing to be hungry or asking for food.
- difficult behaviours around mealtimes.
- eating very small amounts.
- high anxiety around new foods.
- difficulty in eating in a range of settings.

Many of the children who attend the clinic have other difficulties, including autism spectrum disorders or medical conditions. For other children who attend the clinic, the main difficulty is with feeding.

How we work

We are a large team of different professionals who work together to meet your child's needs. Any of the following team members may be in the clinic room for your consultation.

- consultant in paediatric neurodisability
- dietitian
- occupational therapist (OT)
- speech and language therapist (SLT)
- clinical psychologist
- clinical nurse specialist

As we are a training hospital, students and visitors may be observing the team. We will always ask for your permission for them to observe.

What does coming to the clinic involve?

Families who are new to the clinic will be invited to a 90 minute assessment appointment. This will help us to understand your child's feeding difficulty and consider what would be helpful. For example, the team may:

- recommend a blood test to check if your child's diet is meeting their nutritional needs.
- recommend nutritional supplements.
- provide advice and support to your local services and/or school.
- provide direct intervention. This may be individual or group sessions

The interventions that are offered are different for each child, depending on their needs.

We may arrange to see families again to review progress. Review appointments last for 30 to 60 minutes and typically take place six to nine months after the initial appointment.

Where do I need to go?

Assessments take place in the Children's Neurosciences Centre at St Thomas' Hospital.

This is in the south wing (marked in purple on maps). We are on the First Floor of Staircase B, before the turning to the Evelina London Children's Hospital.

What do I need to bring?

- Completed food diary and questionnaires, if these were sent to you in the post.
- Details of any professionals who are involved with your child.
- Previous clinic reports if copies were sent to you.
- Parent-held Record (Red Book) if your child is pre-school age
- A packed lunch or snack for your child (it is helpful for us to see how they eat familiar foods).
- A short video of your child eating.

What happens afterwards?

After the clinic appointment, we will write a report and send this to the paediatrician who referred you. We will also send a copy of this report to you and the other relevant professionals involved in your child's care. This report will summarise your visit and our plan. It may include specific information about supplements or other interventions.

If the plan includes further visits or intervention from our team, we will get in touch with you shortly after the clinic appointment to arrange this.

Travelling to the hospital

Patient transport scheme

If you have difficulties travelling for medical reasons, you may be eligible for the Patient Transport Scheme. Please contact Patient transport services, **t:** 020 7188 2888 for more information.

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 (for example, receipts, train tickets, oyster card statement). The receptionist at the Children's Neurosciences Centre can advise you about claiming this money back.

Contact us

If you have any questions about the clinic or your appointment time, please contact our team administrator, **t:** 020 7188 7188, extension 56227, or **e:** Barbara.Forrester@gstt.nhs.uk

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

Useful sources of information

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am to 5pm

e: letstalkmedicines@gstt.nhs.uk

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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