

# Rapid Access Dysphagia Clinic

**This leaflet explains about Evelina London's Rapid Access Dysphagia Clinic at St Thomas' Hospital. If you have any further questions or concerns, please speak to a doctor caring for your child.**

## What is the Rapid Access Dysphagia Clinic?

The clinic is for children who require an urgent feeding/swallowing assessment. Many, but not all, children will have a medical condition or disability that affects feeding/swallowing.

## When are the appointments?

The clinic is held on Thursdays. Appointments can last up to 60 minutes.

## Who will be there?

A nurse, who will carry out a brief assessment of your child (height and weight) before the appointment. The appointment will then be with a clinical specialist speech and language therapist.

## Who can use the service?

Children are referred to the clinic by a medical consultant at Evelina London Children's Hospital.

## Where do I need to go?

Penguin Outpatient Unit  
Level 3  
Lift/Stairs C, South Wing  
St Thomas' Hospital

## What do I need to bring with me?

- Parent-held record (red book) if your child is of preschool age.
- A packed lunch/snack for your child – with any special spoons, cups etc your child uses.

## What happens during the appointment?

You will have the opportunity to discuss the following during the appointment:

- any concerns you have about your child's eating and drinking
- medical history
- feeding history
- current eating and drinking patterns.

The speech and language therapist will watch your child having something to eat and drink. They may examine your child's mouth and listen to your child swallow using a stethoscope. The possible treatment options for helping to manage your child's eating and drinking will be discussed with you, and your child will be invited to contribute in this discussion if appropriate. There will be toys available for your child to play with.

## What will happen after the assessment?

A written summary of the history, findings, discussion and recommendations will be sent to you, the referrer, and any local professionals who are involved in your child's care.

No follow-up appointments will be arranged. A referral may be made for a videofluoroscopy (a moving X-ray examination of your child swallowing) at a later date, or to the children's community speech and language service for ongoing management.

Notes on bringing food to the clinic:

- all food should be brought in clean, sealed containers
- foods prepared at home should be no more than 24 hours old
- all food that is required to be kept cold should be kept in the refrigerator until the last minute before travelling to the hospital
- it is preferable to transport any high risk foods, such as those containing meat, fish, poultry, dairy products, or rice, in an insulated cool bag together with an ice block.

Guy's and St Thomas' cannot accept responsibility for the safety of foodstuffs brought in from outside the hospitals.

## Contact us

If you have any questions or concerns about the appointment please contact the clinical specialist speech and language therapist, **t:** 020 7188 7188, ext 58092, Monday to Friday, 9am-5pm.

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

## 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-5pm      **e:** [letstalkmedicines@gstt.nhs.uk](mailto: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](mailto:pals@gstt.nhs.uk)  
**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## **NHS website**

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

**w:** [www.nhs.uk](http://www.nhs.uk)

## **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

**t:** 0800 731 0319   **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)   **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

### **Was this leaflet useful?**

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets), or **e:** [patientinformationteam@gstt.nhs.uk](mailto:patientinformationteam@gstt.nhs.uk)

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A list of sources is available on request