

Clinical Neuropsychology Services



Information for patients

Department of Psychological Services



Why have I been referred to the Clinical Neuropsychology service?

You have been referred to our service for a neuropsychological assessment so that we can find out about difficulties you may be having with any of the following:

- Thinking
- Memory
- Concentration
- Coping emotionally with your condition

Understanding your difficulties will help us to work alongside your Neurologist or Neurosurgeon to find the most appropriate treatment or advice for you. Alternatively, you may have been referred as part of your preparation for upcoming surgery.

What happens at my first appointment?

At your first appointment we will ask you about the kind of problems you are having and may ask you to fill in some questionnaires that ask you about how you are feeling and coping. These first appointments normally last between 45 and 90 minutes.

At your first appointment we will also talk to you about how many more appointments you will need with us to carry out either the neuropsychological assessment, or work relating to emotional coping.

What does a neuropsychological assessment involve?

In a more detailed neuropsychological assessment we usually ask you to do some pencil and paper tests. We may also carry out some of the tests using electronic devices (ipads). These are not exams but are used to check different abilities like your memory or concentration. With your agreement, we may decide to begin these assessments at your initial

appointment. It would therefore be helpful for you to bring any glasses or other reading aids you normally use to your appointment.

What happens after my assessment?

On completion of your assessment, the results will be discussed with you, alongside any possible recommendations for your future care. We will then write a report and send it to your doctors at the hospital as well as anyone else that you agree should see it such as your GP or Specialist Nurse, if you have one. If you are not having any more appointments with us, we will then discharge you back to the care of your Neurologist or Neurosurgeon.

During testing it is understandable that you may wish to know how you are doing on the assessments but unfortunately it is usually not possible to provide this information during the testing stage. You will be offered the opportunity to discuss the results and have a copy of the report when the testing is complete.

What does emotional coping work involve?

Experiencing health problems has a significant impact on the way we feel; both about ourselves and about other people / things in our lives. By talking through some of these issues, both you and your psychologist will first try to develop a shared understanding of how things are for you, and how you would like them to be in the future.

The work will then involve looking at your coping patterns and identifying both the things you are already doing that help and patterns that have unforeseen consequences that can make things more difficult. We will look at additional skills, techniques and sources of support to help you to cope.

What do I do if I cannot get to an appointment?

If you cannot attend an appointment, please contact us and we will try to arrange an alternative date. We can be contacted on: **0114 271 3770**

It is important that, if you no longer wish to be seen, you let us know as soon as possible so that we can offer your appointment time to someone else.

It is standard hospital policy that you if you do not attend your first appointment and do not contact the service to let us know, then you will be discharged from the Clinical Neuropsychology Service back to the care of your Neurologist or Neurosurgeon.

How to contact us

Our office is open 9.00am until 5.00pm Monday to Friday. You can call us on **0114 271 3770** during office hours or leave a message with our answer machine service out of office hours.

Confidentiality

All members of staff working within our service are bound by rules of confidentiality set by the NHS Code of Practice and our professional bodies. We would be happy to discuss issues relating to confidentiality at any point throughout your assessment should you wish to do so.



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