

In selected cases, we will be able to offer brief and focussed interventions, based on our own recommendations and delivered by the team. In other cases, we can offer consultation to local services and schools by telephone. The service will aim to signpost children and their families, enabling them to access existing resources locally.

### Arranging an Assessment

As for any referral, please include details of the patient's previous medical and psychiatric history and prescription history.

Please send referrals to **Trudy Green** at Cardinal Clinic or email [trudy.green@cardinalclinic.co.uk](mailto:trudy.green@cardinalclinic.co.uk)

4



CARDINAL CLINIC

Oakley Green, Windsor  
Berkshire SL4 5UL

Tel: 01753 869755

Fax: 01753 842852

email: [info@cardinalclinic.co.uk](mailto:info@cardinalclinic.co.uk)

[www.cardinalclinic.co.uk](http://www.cardinalclinic.co.uk)

[www.cardinalclinic.co.uk](http://www.cardinalclinic.co.uk)



CARDINAL CLINIC

## Child and Adolescent Neuro-psychiatric Service

1

---

Information  
for GPs

## Introduction

Neuro-psychiatric difficulties are developmental disorders in children. They have a wide ranging impact on children's functioning. They impact on educational functioning, social functioning as well as having an effect on emotional and psychological well being. The management of such disorders requires more than psychological treatment alone and often necessitate educational support and help with social functioning.

The most commonly encountered Neuro-psychiatric conditions are:

- Attention Deficit Hyperactivity Disorder
- Autistic Spectrum Disorder
- Asperger's Syndrome
- Tourette's Syndrome

These disorders rarely occur in isolation and elements of a variety of the different disorders can be present in one child (co-morbidity). As an example, a child with Asperger's syndrome may also have hyperactive symptoms in addition to their social problems.

These children are also at an increased risk of having specific and generalised learning difficulties, specific language disorders and fine and gross motor control difficulties. For example, a child with ADHD may also have dyslexia.

## Assessment and Diagnosis

This requires a multi-disciplinary approach in order to achieve a psychiatric diagnosis, but also to assess cognitive function and language function. Several professionals, including Child Psychiatrist, Child Psychologist and Speech and Language Therapist will thus be involved in the assessment of a single child. There is evidence based guidance for the multi-disciplinary assessment of ADHD outlined by the National Institute of Clinical Excellence (NICE). The Diagnostic Interview Schedule for Social Communication Disorders (DISCO) is a well established interview schedule used for diagnosing communication disorders, such as ASD and Asperger's.

## Advantages of the Service

From the time of referral, patients will be seen as quickly as possible, usually within a week. All members of the team will see the child at one time, saving time and repetition.

## Cardinal Clinic Child Neuro-psychiatric Clinic Vision

We believe children should have access to rapid and high quality assessments that are patient focussed, enabling them to receive the right support and treatment as soon as possible. This maximises the child's ability to reach their full potential. In working together as a team of different professionals, we consider we can enhance the overall quality of the assessment. Children and their families are not subject to unnecessary replication of information gathering, which results from seeing professionals separately. We therefore reach a conclusion more rapidly.

## 3 Delivery of Service

Cardinal Clinic has set up a multi-disciplinary assessment service comprising Consultant Child Psychiatrist, Child Psychologist and Speech & Language Therapist. We all have a particular interest and expertise in Childhood Neuro-psychiatric difficulties. We will carry out assessments using evidence based schedules and according to established guidelines, as previously mentioned.

We provide a multi-disciplinary assessment in one session and in one setting (half day) where all the professionals meet the child and their carers. We work jointly as a team of professionals, discuss each child together in detail and reach an agreed conclusion about the child's problems and needs.

We produce a report detailing the recommended treatments and management. This report includes a diagnosis, cognitive and speech and language evaluation, completed by each respective discipline. This can be circulated to health professionals and education departments to enable the appropriate support to be implemented.