

4. Neurological Services and Health Management

a. General Practitioner (GP)

A GP is a doctor who has specialised in general practice and is based in a local surgery or Health Centre. Once you are registered with a GP this is the single point of access for referral to all other health and social care services. Early assessment and diagnosis is crucial in identifying the right treatment and support for people with diseases and disorders of the nervous system. A GP will be able to manage common symptoms such as infections but will often refer on to a consultant or specialist healthcare professional allied to medicine like a specialist nurse or physiotherapist for more complex symptoms like spasticity.

b. Neurology Department and Consultants in Neurology

A Neurologist is a doctor who has specialist knowledge and experience in diagnosis and management of diseases and disorders of the nervous system. Consultants are based centrally in Southampton at the Wessex Neurological Centre, visiting other general hospitals around the region. They run general neurology clinics, where they focus on assessment and diagnosis of fairly common symptoms and conditions, and also more specialist clinics, often run in conjunction with specialist nurses, where the focus is on more complex cases and rarer conditions which demand different expertise. Neurologists work closely with other specialist services such as Stroke Services, Dementia Services and Rehabilitation teams.

Wessex Neurological Centre

- Wessex Brain and Spine Unit, University of Southampton Hospital Trust
www.uhs.nhs.uk/OurServices/Brainspineandneuromuscular/Brainspineandneuromuscular.aspx
- Wessex Neuromuscular Services aka WERMANS (Wessex Regional Muscle and Nerve Service) Tel: 023 8077 7222
www.uhs.nhs.uk/OurServices/Brainspineandneuromuscular/NeuromuscularWERMANS/Neuromuscular.aspx

c. Neurosurgery Service and Consultant Neurosurgeons

Your GP can state your choice when you are referred, or alternatively this may be possible via the 'Choose and Book' system. Surgery is provided centrally at the Wessex Neurological Centre, and depending on clinical need, occasionally at other specialist tertiary centres outside the Wessex Centre.

For enquiries on all the above about an admission, appointment, operation date or any changes to arrangements please telephone:

- Isle of Wight neurology office: 023 8120 6467
- Southampton neurology office: 023 8120 8998
- Portsmouth neurology office: 023 8120 4922 (enquiries regarding appointments for neurology patients seen at [Queen Alexandra Hospital, Portsmouth](#))
- Neurosurgery: 023 8120 6067

d. Specialist Nurses

A specialist nurse is a qualified nurse who has achieved a specialist level of knowledge, experience and skill in a specific condition or area of health management. The specialist nurse is often the clinical lead for the service that helps to manage the symptoms and effects of the condition throughout the care pathway.

University Hospital Southampton NHS Contacts:

- MS coordinator in Southampton is sarah.gibbs2@uhs.nhs.uk
- MG NHS Specialist Nurse (Hants IOW, Dorset + Channel Islands) Lisa Joyce
myasthenia@uhs.nhs.uk

- NHS Neuromuscular coordinator and Specialist Physio Sunitha.narayan@uhs.nhs.uk 07798 667784
- Head injury NHS Specialist nurse in Southampton is Miranda.Gardner@uhs.nhs.uk NHS Epilepsy Nurses epilepsysupport@uhs.nhs.uk
- Wessex Coordinator for Huntington's Disease and Young Onset Dementia is fiona.chaabane@uhs.nhs.uk 07792 295711

e **Neuro-rehabilitation Therapy Service**

At the time of the publication of this information booklet, neuro-rehabilitation is provided at: Southampton, Western Hospital, (Solent NHS Trust) (Snowdon House)

Portsmouth, Queen Alexandra Hospital (Phoenix Rehabilitation Centre, Portsmouth Hospitals NHS Trust) and St Marys Hospital Portsmouth (Solent NHS Trust)

Isle of Wight NHS Trust coordinates all rehabilitation via Single Point Access, Referral, Review & Co-ordination Service (SPARRCS)

Should a specialist assessment be required, the following referral criteria apply:

- Extensive physical impairment with or without tonal management problems
- Marked perceptual and or proprioceptive problems
- Cognitive impairment that impacts on therapy
- Balance problems associated with dizziness or altered neurology
- Where pain is having a significant impact on therapy or recovery
- Complex communication needs that impact on therapeutic handling
- Challenging social issues that impact on the patient's home environment or family unit
- Where the residual effects of the stroke or neurological disability impacts on the patient's future needs/plans (e.g. return to work, further rehabilitation needs)
- Complex positioning and postural difficulties
- Complex situations where rehabilitation potential is uncertain
- Specialist vocational rehabilitation needs
- Unclear rehabilitation potential

Hobbs Rehabilitation is an independent provider of specialist neurological rehabilitation services. It provides a patient-centred neuro-rehabilitation service, including neuro physiotherapy. Find out more at: www.hobbsrehabilitation.co.uk Contact:

Hobbs Rehabilitation Unit, One, Bridget Farm Offices, Bridget's Lane, Martyr Worthy, Nr Winchester, SO21 1AR Tel: 01962 779796 Email: treatment@hobbsrehabilitation.co.uk

Hobbs Rehabilitation Southeast, 1 Oakfield Barn, Brows Farm Business Park, Farnham Road, Liss GU33 6JG Tel: 01730 890072 Email: hobbsse@hobbsrehabilitation.co.uk

Rothsay Grange Inpatient Neurological Rehabilitation Service, Weyhill Road, Weyhill, Hampshire SP11 0PN Tel: 01264 772898 Email: hobbs@barchester.com