

# Your Initial Assessment

## Paediatric Specialist Fatigue Service

### Patient Information

This leaflet provides details on what to expect during your initial assessment with our service.

### What services does the team provide?

The Paediatric Specialist Fatigue Service at the Royal United Hospital helps young people with their fatigue and related symptoms. The team includes Specialist Consultants (Psychiatrists and Paediatricians), Physiotherapists, Occupational Therapists, and Psychologists.

### What should happen during my appointment?

In your initial assessment, you'll meet one or two qualified clinicians from our team. There may also be trainees present who are training to become professionals within our team.

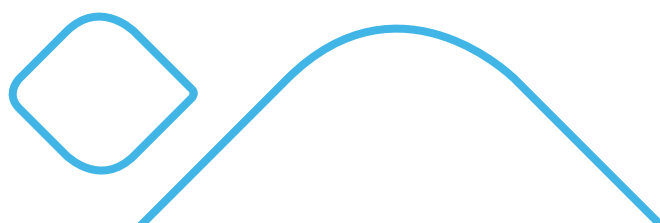
### Who will be with me?

The clinicians will begin the appointment with both you and your parent/carer present. They may ask if you would like your parent/carer to leave for some time, so you can have the chance to talk on your own. They may also offer your parent/carer some time to talk alone.

### What will I be asked?

Your appointment should last around 90 minutes. During this time, we will talk about:

- When your symptoms started



- 
- Your general health – past and present
  - A typical day
  - Your sleeping pattern
  - Your mood
  - Any medication you take

You will also have the opportunity to share anything else you think is important with us.

### **What happens after the appointment?**

At the end of the assessment, we will explain the next steps. This may involve planning further appointments for your care.

### **What if I have more questions?**

If you have any questions or need additional information, please ask during your assessment! We are here to support you and ensure you receive the best possible care.

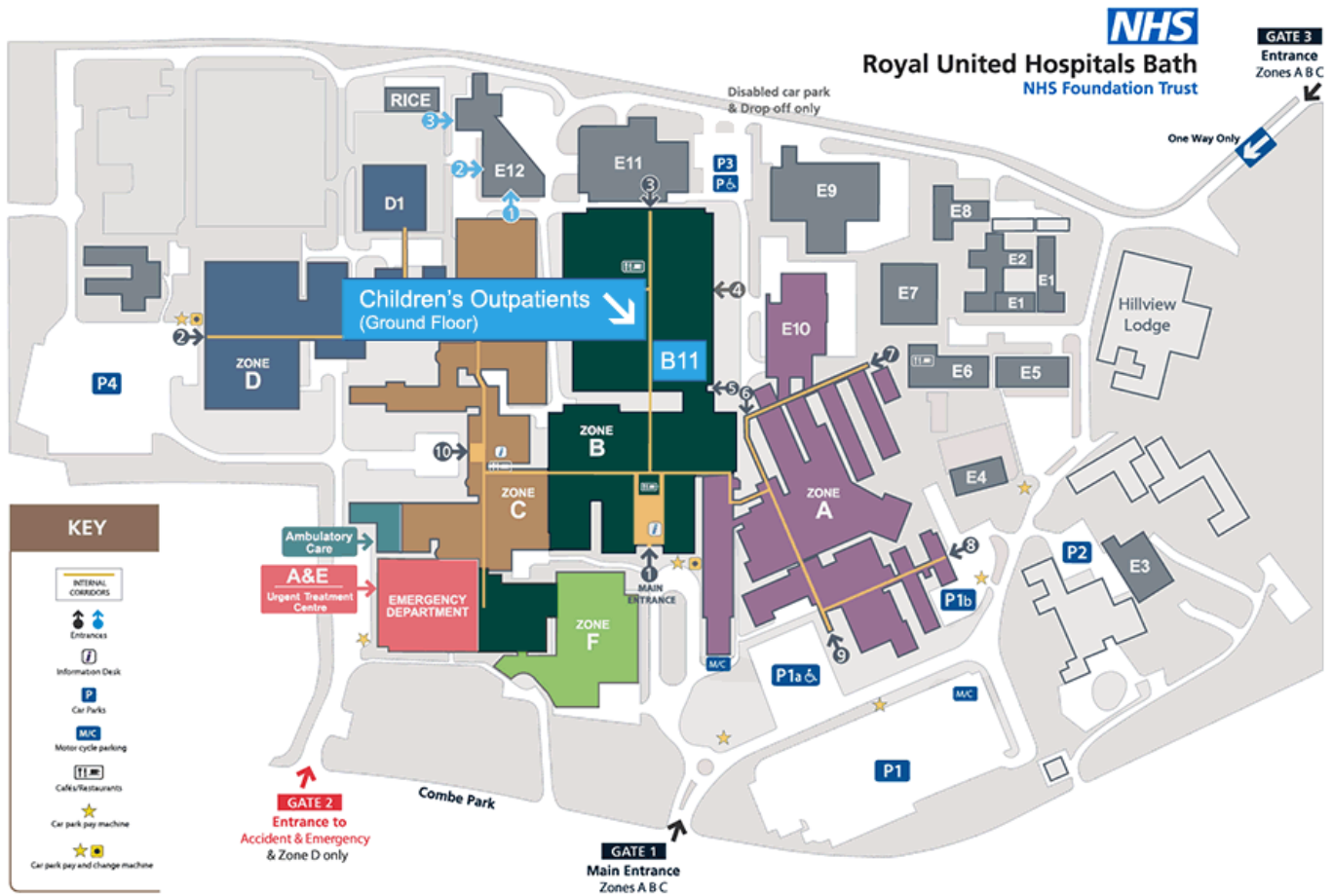
### **What do initial assessment appointments look like?**

Your appointments might be face-to-face, or by video call.

### **For face-to-face appointments:**

Please come to the Children's Centre in Department B11 on the ground floor at the RUH.





### For virtual appointments:

We will meet on a video call using an online platform called DrDoctor. You can join from a smart phone, tablet, or computer. We will send you a link to attend.

We ask that you attend the video appointment in a quiet room, away from interruptions and any distractions. Your clinician may reschedule the video appointment if they do not feel you are in a suitably private place or if the quality of the video connection is poor.

The therapist will see you in the online room at your appointment time. If you are not present, they will call you to help you with any technical difficulties.

---

## Will my information be shared?

Everything you say during the appointment will remain confidential within the service. We will, however, share a summary letter with you, your GP, and paediatrician. Depending on your age, we will also share information with your parent/carer, and this will be discussed with you.

The only exception to this would be if the assessing clinician was worried about safety, either your own, or others. In this case, clinicians have a duty to share important confidential information with other people, to make sure that you and others are kept safe. If we need to do this, we would always tell you and ask for your permission where we can.

## What if I can't attend?

If you are unable to attend the planned appointment, please let us know at your earliest convenience. This will allow us to book a new appointment for you and offer the slot to another patient on the waiting list.

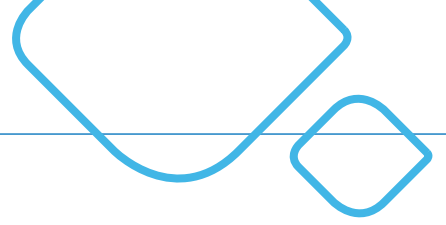
If you do not attend the planned appointment without prior notice, we will send you a non-attendance letter to get in touch and rebook your appointment. If we do not hear back from you within 2 weeks, then you may be discharged back to the care of your GP.

## What do I do whilst I'm waiting for an appointment?

We try our best to keep our waiting times to a minimum. We do not offer a priority system, however whilst you are waiting, we would like to direct you to the following resources that you may find beneficial:

### Paediatric Specialist Fatigue website and leaflets

[https://www.ruh.nhs.uk/patients/services/clinical\\_depts/paediatric\\_cfs\\_me/index.asp](https://www.ruh.nhs.uk/patients/services/clinical_depts/paediatric_cfs_me/index.asp)



---

## Student and teacher information regarding chronic fatigue

[www.wellatschool.org.uk](http://www.wellatschool.org.uk)

If there are any health concerns whilst you are waiting for an appointment with our service, we would advise that you contact your GP or 111 for further advice and support.

### How to contact us:

If you have any questions, you can contact us on 01225 821340 Monday to Friday 8.30am to 4pm. Queries can be emailed to us at [ruh-tr.paedscfsme@nhs.net](mailto:ruh-tr.paedscfsme@nhs.net)

Our administrative team will do their best to help answer your query or will pass on your message to a therapist.

**Paediatric Specialist Fatigue Service | Telephone: 01225 821340**  
**Email: [ruh-tr.paedscfsme@nhs.net](mailto:ruh-tr.paedscfsme@nhs.net)**

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG  
01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

---

Date of publication: November 2024 | Ref: RUH PCFS/024  
© Royal United Hospitals Bath NHS Foundation Trust