

Your Initial Assessment

Paediatric Specialist Fatigue Service

Patient Information

This leaflet provides information about what to expect your initial assessment within our service.

What does the team do?

The Specialist Paediatric Fatigue Service at the Royal United Hospital help young people who are unwell and feel very, very tired. We have lots of people in our team, like Doctors, Therapists and Psychologists! Sometimes there are people learning how to become professionals, who also work in our team.

How long will my appointment be?

Your first meeting with the professionals will be about 90 minutes long.



What will we do?

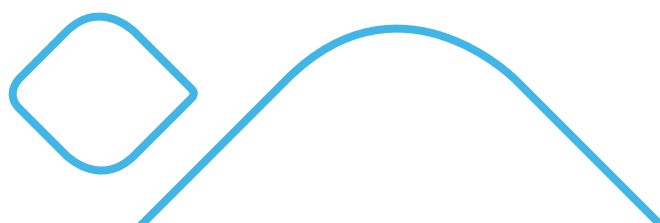
When we meet for the first time, you will talk with one or two friendly professionals who are here to help you feel better.

Who will be with me?

At the start, both you and your parent/carer will be with you. But we also try and give you and your parent/carer some time to talk on your own.

What will we talk about?

We usually ask you about:



- When you started feeling tired
- Your health before and now
- What you do in a day
- How you sleep
- How you feel
- Any medicine you take



And if there's anything else you want to tell us, you can!

What happens after we talk?

After we finish talking, we will explain what we'll do next. This might mean planning more visits to help you feel better.

What if I have more questions?

If you want to know anything else, just ask us. We are here to help you and make sure you feel better soon!

Where do we meet?

If we meet in person, you can find us at the Children's Centre in Department B11 on the ground floor at the hospital.

If we meet online, we will have a video call. You can join from a phone, tablet, or computer. We will send you a link to join the session.



Will people find out I'm having an appointment? Who will know what I say?

We will keep what you tell us private, unless we are worried about your safety or the safety of someone else. However, we will share a summary letter of what you tell us with your GP and paediatrician. We will ask you if you want us to tell anyone else.



Is there anything I can do while I wait?

We will try to see you as soon as we can! But while you wait, you can take a look at these websites for some information:

Paediatric Specialist Fatigue website and leaflets

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



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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.

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