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## Department of Neurology

# The Motor Neurone Disease Clinic

In Addenbrooke's Hospital we run a specialist clinic for people diagnosed with Motor Neurone Disease (MND). We are one of a network of care centres in the UK which are funded in collaboration between the MND Association and the NHS.

Patients diagnosed within Addenbrooke's are offered follow up through this clinic, if they are within comfortable travelling distance. If you are not offered follow up through the clinic, you may request an appointment via your Consultant, GP or by contacting the clinic co-ordinator. We will need to obtain details of tests you have undergone and your medical history.

### Co-ordinated care

It is very difficult as a newly diagnosed person to know what you may need or who to ask for help. The Care Centre co-ordinator will be your point of contact. She can help work out your needs and the appropriate person to help.

### Before your clinic visit

The clinic is held on Thursdays on R3 and you will be sent an appointment letter (this includes a map). Disabled parking is available on site.

The co-ordinator, where possible, likes to talk with you before clinic. If preferred, the co-ordinator can contact you via email to find out how you are and if any clinic therapy team input is needed. It is useful to highlight any specific areas you wish to discuss. Often people find it useful to write a list of questions.

Please also bring a list of your current medication and details of any other health professionals involved with your care.

### Who will I see at my clinic appointment?

You will be seen by a Consultant Neurologist with a special interest in MND. You will also see the MND Care Centre Co-ordinator, and individual therapists as needed.

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## Speech and language therapist (SLT)

The SLT advises patients and carers on how to maximise speech and swallowing function. They can also suggest alternative forms of communication.

## Dietitian

The dietitian provides assessment of nutritional status and review of dietary intake. Diet, nutritional supplementation and alternative feeding requirements are assessed in conjunction with the SLT.

## Physiotherapist

The Physiotherapist advises on exercises and stretches to maintain flexibility and prevent stiffness and pain caused by immobility. They can also assess the need for aids to support posture and walking.

## Occupational therapist (OT)

The OT assesses your ability to perform tasks and gives advice on techniques, equipment and home adaptation to promote and maintain independence. Usually we will arrange for a community therapist to be involved with your care.

## What will happen at the clinic appointment?

A comprehensive assessment of your condition will be made, and you will have the opportunity to ask any questions. It is quite normal for your appointment to be longer than one hour, especially if you are seen by several professionals.

## What happens after the clinic?

We will send a clinic summary to you, your GP and all other health care professionals involved. This helps communication between professionals and helps ensure you receive the support you need. Please let the co-ordinator know if you would like to discuss this further.

You will have regular follow up appointments arranged with us, or if more convenient, through your local neurologist in one of the district general hospitals. We may also offer referral for respiratory assessment and support through Papworth Hospital which provides this aspect of our MND service.

The team will refer you to community therapists as needed and will communicate with them about your needs

You can contact the co-ordinator if you require support or advice between clinics.

## How do I contact the service?

For questions or queries regarding any aspect of MND care, please contact the MND Care Centre Co-ordinators:

**Address:** Department of Neurology  
Box 165  
Addenbrooke's Hospital  
Cambridge University Hospitals NHS Foundation Trust  
Hills Road  
Cambridge  
CB2 0QQ

**Telephone:** 01223 216631

**Email:** [Joanna.sasson@addenbrookes.nhs.uk](mailto:Joanna.sasson@addenbrookes.nhs.uk)  
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We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

## Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



## Document history

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Contact number	01223 216631
Publish/Review date	January 2011/January 2014 (minor amendment made September 2011)
File name	MND_clinic.doc
Version number/Ref	2/PIN1456