

## 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](http://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 > Our services > Brain, spine and neuromuscular  
http://www.uhs.nhs.uk/OurServices/Brainspineandneuromuscular/NeuromuscularWERMANS/Neuromuscular.aspx](http://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.

<http://www.uhs.nhs.uk/OurServices/Brainspineandneuromuscular/Neurology/Neurology.aspx>

For enquiries about an admission, appointment, operation date or to let us know of any changes to arrangements please telephone:

**Southampton neurology office:** 023 8120 8998

**Portsmouth neurology office:** 023 8120 4922 (enquiries regarding appointments for neurology patients seen at [Queen Alexandra Hospital, Portsmouth](#))

Portsmouth NHS Trust neurology office: 02392 286000 Ext 3909 or 3910 (023 8120 4922)

**Isle of Wight neurology office:** 023 8120 6467

Neurology Department at St Mary's Hospital, IOW: 01983 552106

**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.

**Special nurses and coordinators** University Hospital Southampton NHS Contacts:

**Multiple Sclerosis** Tel: 023 8120 6864

Carrie Day, lead multiple sclerosis specialist nurse

Lesley Kempson, multiple sclerosis specialist nurse

Carlene Ford, multiple sclerosis infusion nurse

**Epilepsy** Tel: 023 8120 8623 [epilepsysupport@uhs.nhs.uk](mailto:epilepsysupport@uhs.nhs.uk)

Sara Kerley, epilepsy specialist nurse  
Rebecca Case, epilepsy specialist nurse

**Myasthenia gravis** Tel: 07747 473769 [myasthenia@uhs.nhs.uk](mailto:myasthenia@uhs.nhs.uk)

Lisa Joyce, myasthenia gravis specialist nurse (Hants IOW, Dorset + Channel Islands)

**Parkinson's disease** Tel: 023 8029 6214

Anne Martin, Parkinson's disease specialist nurse

**Motor Neurone disease** Tel: 023 8120 6544

Clare Erridge, motor neurone disease co-ordinator

**Stroke** Tel: 023 8077 7222

Tracey-Jane Bailey, lead stroke specialist nurse

**Huntington's Disease and Younger Onset Dementia** Tel: 07824 607 242

Fiona Chaabane Clinical Coordinator for Huntington's Disease and Younger Onset Dementia' E-mail: [Fiona.chaabane@uhs.nhs.u](mailto:Fiona.chaabane@uhs.nhs.u)

**Head Injuries**

Head Injury NHS Nurse Specialist in Southampton [Miranda.Gardner@uhs.nhs.uk](mailto:Miranda.Gardner@uhs.nhs.uk)

There are also Specialist Nurses based at Basingstoke, Winchester and Portsmouth, also visiting other centres.

#### 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](http://www.hobbsrehabilitation.co.uk) Tel 01962 779796

They have treatment centres at Winchester, Liss, Romsey, Lambourne, Enham near Andover, Lymington, Salisbury and Shepton Mallet.