

## REFERRAL CHECKLIST TO FUNCTION FIRST SERVICE

- Child must live in Brighton and Hove as this is the CCG who commissioned
- **Please Complete tick boxes and attach/email with REFERRAL LETTERS**

Function First (Paediatric Complex Symptoms Service) is a rehabilitation-oriented service for young people with troublesome physical symptoms who do not have a definite medical explanation, or whose symptoms are above and beyond those expected for their diagnosis.

**We are not a diagnostic service.** The goal of the service is to improve physical functioning and participation and to help young people recover and/or live well with their symptoms. This may include helping them to understand and manage their symptoms using psychoeducation, therapy interventions and other strategies.

- Referral is from a Consultant Paediatrician (therapists see Section below)
- Referral letter contains an outline of symptom chronology, results of relevant investigations and trials of medication (e.g. Tryptans)
- Referrer clearly states level of functional impact/effect on participation in activities (e.g school attendance/walking aid for long walks/frequency of headaches)
- Referrer has explained to family and young person the investigation results, had a *preliminary mind-body conversation* and reason for referral to Function First Team.
- Referrer has explained that FF is not a diagnostic service, the aim is to improve perception of symptoms and daily functioning.
- Referrer has provided Function First MDT team leaflet (available on intranet)

**PLEASE SEND REFERRALS TO:** Katherine Armstrong, Function First Service Administrator [katherine.armstrong7@nhs.net](mailto:katherine.armstrong7@nhs.net)

## THERAPISTS

**If a RACH physiotherapist or PPSS clinician** feels Function First or CFS service may be appropriate for this child, please contact the primary paediatrician (who referred the child to you) who can then decide if they have assessed adequately to make a functional diagnosis and refer onward via a cover letter and this checklist.

If the child is not under a paediatrician please refer onwards to an appropriate paediatrician, to consider other diagnoses. They can refer on to FF if necessary.

**If seen by Orthopaedics team**, please consider whether the child should be referred to rheumatology first (ie for diagnosis of possible inflammatory or connective tissue disorder), who may then wish to refer onwards to FF following their assessment. **(CRPS is the exception to this- Orthopaedics may refer directly to FF for this).**

***If Fatigue is the primary symptom, especially with Brain Fog:*** Paediatrician to consider whether child meets NICE diagnostic criteria for CFS, perform bloods, inform parents of the diagnosis and refer to CFS team. As per NICE, child is to remain under Paediatrician and receive 6mthly reviews.

<https://pathways.nice.org.uk/pathways/chronic-fatigue-syndrome-myalgic-encephalomyelitis>

Please do discuss with the FF team if you are unsure about a referral.

### **Function First (The Paediatric Complex Symptoms Team)**

Dr Leonie Perera	Consultant Paediatrician
Dr Ruth Kendall	Senior Clinical Psychologist
Dr Emma Adams	Clinical Psychologist
Julia Krikman	Senior Occupational Therapist
Helen Salter	Senior Physiotherapist
Johanna Lord	Senior Physiotherapist

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