

This information brochure is provided by:

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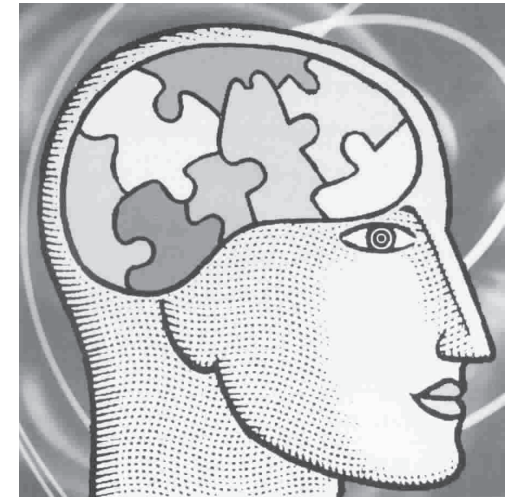
If you have any comments about our service please bring them to the attention of:
Directorate Manager
(Neurosciences, spinal surgery, stroke and rehabilitation),
Hurstwood Park Centre.

Further information on neurological conditions may be found by entering the appropriate search term on the NHS website: www.nhs.uk

www.bsuh.nhs.uk/departments/neurosciences/neuropsychology-services/

A Brain Check

Explaining a neuropsychological assessment



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Why do I need this check-up?

A number of things can affect brain function. You may have had a head injury, a stroke, a viral infection, a tumour, epilepsy, or some other illness or condition affecting cognition. Everyday stress can also affect the way your brain processes information and it may be that there is nothing seriously wrong.

A neuropsychological assessment will help determine whether any changes have occurred as a result of any of the above and what these changes may mean for you.

The results will help us to:

- Better understand your symptoms;
- decide what treatment or rehabilitation is appropriate;
- track any changes in your symptoms.

Who will do the assessment?

A Clinical Neuropsychologist or their support staff will conduct the assessment. Neuropsychologists have detailed knowledge of how the brain works and how brain injuries or illness may affect your behaviour, thinking and personality.

What will the assessment involve?

We will look at a number of different brain functions including:

- Concentration
- memory
- problem-solving.

Some of the tasks are pen and paper exercises and others involve solving puzzles. We will decide which tasks to give you based on your history, medical notes and discussion with others involved in your care.

You may feel that some of the tasks are not very relevant to your current difficulties, but each is specially designed to help us build a complete picture of your strengths and weaknesses.

Are there any risks or discomforts?

Neuropsychological assessments are considered non-invasive and do not require any physical examination, injections or drugs. Some people may experience tiredness or fatigue afterwards.

How long will it take?

A typical assessment takes 1.5 - 2 hours although some sessions may be shorter or longer than this. The consultation will start

with a chance to talk about your symptoms and there will be breaks if you need them. Sometimes it is helpful for us to speak to someone who knows you well and can give additional background information. We could speak to them for a few minutes at the start of the assessment or contact them by phone if this is likely to be helpful.

How should I prepare for the assessment?

No special preparation is required although you should avoid any activities that are likely to leave you especially fatigued on the day of the assessment. There is no need to stop taking any prescribed medications but you should avoid alcohol and/or recreational drugs in the 24-hours preceding your appointment. If you wear reading glasses, remember to bring them with you.

What happens next?

A report will be sent to the referring doctor or treatment team and you will receive verbal or written feedback on the assessment findings. We may be able to provide you with some tips and strategies to help you manage your symptoms better.