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.

All patients diagnosed with MND 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 can request this via your consultant, GP or by contacting the 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 and can help work out your needs and the appropriate person to help.

Before your clinic visit

The clinic is held on Thursdays in the Arthur Rank Hospice and you will be sent an appointment letter (this includes directions). Disabled parking is available.

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.

Please also bring a list of your current medication and details of any other health professionals involved with your care. Often people find it useful to write a list of questions to ask at their appointment.

Who will I see at my clinic appointment?

The clinics are lead by a consultant neurologist with an interest in MND or by the MND care centre co-ordinator with individual therapists as needed.

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 (ie foot splints and neck collars) and walking.

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

You may have regular follow up appointments in the care centre or if more convenient, through your local neurologist in one of the district general hospitals. Appointments can be rearranged for earlier review as your condition dictates. We may also offer referral for respiratory assessment and support through Papworth Hospital which provides this aspect of our MND service.

You can contact the co-ordinator or therapists for support and advice between clinics (by telephone or email).

**How do I contact the service?**

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

**Address:**

MND Care Centre  
Department of Neurology  
Box 165  
Addenbrooke's Hospital  
Cambridge University Hospitals NHS Foundation Trust  
Hills Road  
Cambridge  
CB2 0QQ

**Telephone:** 01223 216631  
**Email:** mndcare.centre@nhs.net
We are now a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:

If you would like this information in another language, large print or audio, please ask the department where you are being treated, to contact the patient information team: patient.information@addenbrookes.nhs.uk.

Please note: We do not currently hold many leaflets in other languages; written translation requests are funded and agreed by the department who has authored the leaflet.

Document history

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