

Information about the Balance Clinic at GOSH

This information sets out important information for patients, families and carers about the Children's Balance Clinic, what to expect and how you can access further help or support.

What to expect

- Your child will be seen by a doctor and an audiologist during this visit.
- The doctor will take a history (this will usually involve asking you/ your family about events leading to your referral to GOSH, your child's condition, symptoms and day to day life) and perform a clinical examination.
- The audiologist will perform specialised balance tests (further information about the tests is set out later in this leaflet) and will then discuss with the doctor how to manage your condition.
- This is a long appointment and can last between one and three hours.
- We may ask you or your child to complete a questionnaire during the appointment.
- Some children may feel dizzy during some of the tests, but this should settle soon after the test.

How to prepare

- Your child should avoid large meals one hour before testing. They can still have small snacks and drinks.
- Please avoid using make up or cream/oil on your child's face on the day of testing.
- Please stop any dizziness medication two days before the appointment. Please check with your child's doctor that it is safe to do so.

Tests your child may have

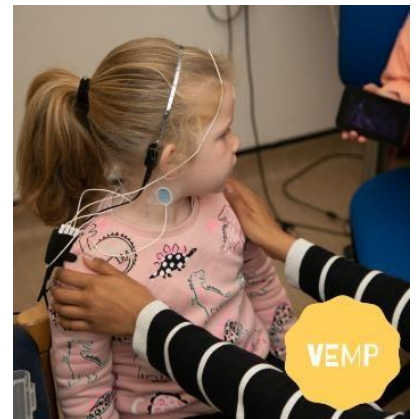
Your child may not need all of these tests- this will be decided based on their needs. Each test lasts around 20 minutes.

Vestibular Evoked Myogenic Potentials (VEMP)

A sticky pad is attached to your child's forehead, chest, and each side of their neck

A soft foam tip sends a click sound to the ear

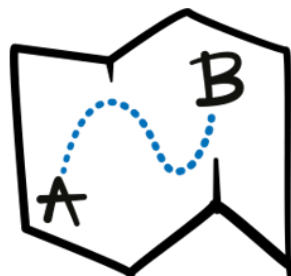
We will ask your child to look at the opposite side and will measure neck muscles activity in response to these sounds.



Calorics

Your child will be lying on a couch wearing goggles with a camera attached over one eye.

We will put warm water in each ear, followed by cold water.



Video Head Impulse Test (VHT)

- Your child will be seated on a chair
- Small quick head movements (up, down and side to side), whilst looking at a marked spot on the wall (or a video on a mobile phone)
- We will record the eye movements using a camera (older children may be asked to wear goggles).



Rotary Chair

- Your child will be sitting on a computer-controlled chair that spins for 30-60 seconds at a time (with breaks between rotations)
- Your child's eye movements will be recorded by goggles or sticky pads
- The room will be dark but you can sit with your child in the same room to offer them reassurance
- You can communicate with the audiologist during the test



How to contact us

You can reach us at the Audiology Department
Sight & Sound Building (Lower Ground Floor)
Great Ormond Street Hospital

40-41 Queen Square, London WC1N 3AJ

Telephone: (44) 0207 813 8315/84302

audiologyinfo@gosh.nhs.uk

Your feedback

We take all feedback very seriously and want to hear about your experiences in our Audiology Outpatient Department. Your feedback helps us to understand what we are doing well but importantly how we can improve. You can also provide feedback using this QR code or via our website:



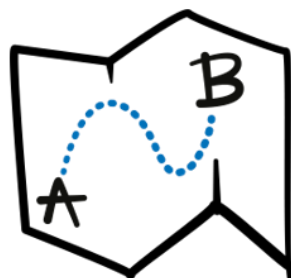
<https://www.gosh.nhs.uk/your-opinion-matters/>

Any concerns?

We know we do not always get things right. As explained above, please do raise any queries or issues with the ward staff in the first instance. We want to help and often we are able to resolve things quickly.

Another way of raising a concern is to contact our **Pals Office** – they are based in the main reception area and open from Monday to Friday from 10am to 5pm. You can also call them on 020 7829 7862 or email pals@gosh.nhs.uk. The Pals team can offer independent advice and support, working with you to sort out a problem along with members of staff.

The **Complaints** team are also available if you want to make a complaint – you can call them on 020 7813 8402 or email complaints@gosh.nhs.uk



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