

Neurosurgery - Normal Pressure Hydrocephalus - Extended Lumbar CSF studies for Normal Pressure Hydrocephalus

Introduction

The COVID-19 pandemic has had a significant impact on the NHS' ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by Clinicians who are responsible for your care.

Guidance for Patients

Keeping yourself as active as possible will maintain your muscle strength and fitness whilst you await your consultation. Also, keep your mind active with social activity and small cognitive challenges such as Sudoku, word puzzles, etc. and keep yourself up to date with current affairs. If you feel as though you may need day-to-day support, please contact your GP regarding community support services. Ensuring you have adequate care to manage at home will improve the efficiency of any hospital admissions you may require, whilst also ensuring your safety.

Age UK is an excellent resource for ideas and support in maintaining physical, social and cognitive abilities.

Please go to:

- <https://www.ageuk.org.uk/>
- You can call the advice line on **0800 055 6112**. They are open 8am to 7pm, every day of the year.

What should I do if my health is deteriorating?

Although this is not a common symptom of Normal Pressure Hydrocephalus, if you experience any intrusive or worsening headache of unknown cause please contact the clinical team for advice. If your falls frequency is increasing, and you are at risk of injury, please contact the clinical team on the number below.

Contact Us

To contact the clinical team for advice please call 0117 4146613 Monday to Friday 0800-1700. Answer machine service available.