



PCH Growth Service

Welcome to Perth Children's Hospital (PCH) Paediatric Growth Service offered by the Department of Diabetes and Endocrinology. We provide care to most WA children and adolescents with various concerns related to childhood growth. We operate clinics at PCH and in some other metropolitan public hospitals (Armadale and Fiona Stanley Hospitals) and regional areas. Families may also choose to see endocrinologists who offer care in private practice.

The PCH Growth Service provides specialised medical and nursing care for your child's growth concerns at clinic appointments which may be offered face to face or via video call.

Ongoing clinic support is also available via the Telephone Support Service from specialist nurses who can answer questions on:

- growth conditions
- medication management.

Looking after children with growth concerns requires a series of growth measurements over time and therefore face to face assessment is necessary initially and then every 3 – 6 months thereafter.

Before clinic appointments

- All requested blood tests must be completed.
- You will receive a letter about a month before the appointment date (please make sure your contact details are up to date), and a text message 2 days before.
- You can download the "Manage My Care" app which provide details on all appointments.
- Please arrive on time and allow 1 – 2 hours for your visit.
- Bring any questions you may have.

What to expect at clinic appointments

When attending PCH for review your child will:

- see the nurse and have their height and weight measured
- meet the specialist nurse for examination, assessment and medication review
- be reviewed by a doctor for initial assessment and initial or adjusted medication prescription.

*** The clinical team will meet before each clinic to determine who is the most appropriate team member for your child to see***



It is important to attend your clinic appointment

- In most cases appointments are offered every 3 – 6 months and it is important to attend for regular review of your child's growth progress and for repeat prescriptions.
- Cancellation of appointments may result in long delays between review and will require you to attend your family GP for repeat measurements.
- If you are not able to attend, please contact 6456 1111 – Option 1.
- If you do not attend, your child's details including blood test results will be reviewed and a member of the team may contact you.

In between appointments

The team can be contacted by:

- email: PCHendoliaisonnurse@health.wa.gov.au
- telephone – endocrine liaison and specialist nurses – 6456 1111 – Option 3
- the emergency *after hours on-call endocrinologist doctor* paging service **6456 5993**, or call PCH Switchboard direct on **6456 2222**

Additional information

You may find some helpful information here:

[Hormones-and-Me-Growth-problems-in-children.pdf](https://d192ha6kdpe15x.cloudfront.net/Hormones-and-Me-Growth-problems-in-children.pdf)
(d192ha6kdpe15x.cloudfront.net)



Your opinion

We would love to hear your feedback and suggestions about the service we provide. This can be done online or by phone:

- <https://pch.health.wa.gov.au/For-patients-and-visitors/Compliments-and-complaints>.
- Phone: 6456 0032

If you would like to participate in a growth consumer group, please contact Diabetes and Endocrinology on 6456 1111 for more information.



Government of **Western Australia**
Child and Adolescent Health Service

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Produced by: Diabetes and Endocrinology
Ref: 1515 © CAHS 2022

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