

# My Planned Care Patient Information Platform

## Paediatric Ear Nose and Throat - Waiting well

### Introduction

Paediatric Ear Nose and Throat (ENT) deals with:

Ear problems - hearing loss and ear infections

Nose problems - nasal obstruction, nasal allergy, nasal trauma and nose bleeds

Throat problems – airway obstruction, obstructive sleep apnoea, tonsils and adenoids, hoarseness.

Lumps in the neck – lymph nodes, thyroid lumps, complex neck masses affecting children

### Guidance

If your child is waiting to be seen in the paediatric ENT clinic, advice on what to do whilst you are waiting is available at: <https://www.nhs.uk/conditions/> where you can search for advice on your child's particular condition.

Advice and information is also available at: <https://www.entuk.org/patients/conditions> .

Some ENT conditions can be helped by general health measures. Advice is available here: <https://www.nhs.uk/live-well/>.

### What should I do if my child's health is deteriorating?

Please contact your GP surgery for advice if you feel your child's condition is deteriorating. GP practices are utilising telephone, online and video consultations. Face-to-face appointments are still being given to those who need them.

GP surgeries can contact the Paediatric ENT department for advice if needed.

### Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit <http://www.nhs.uk/> . The NHS 111 service is available 24 hours a day, seven days a week.

### Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.