

Physiatry Evaluation: WHAT CAN I EXPECT DURING MY VISIT?

Questions Often Asked By Our Families



Children's
Specialized
Hospital



Why am I seeing a Pediatric Physiatrist?

Your pediatrician or another professional may have referred your child to a Pediatric Physiatrist (or doctor of rehabilitation medicine). This physician is a nerve, muscle, bone and brain expert who diagnoses and treats injuries or illness that effect affect how we move. This physician looks at the function of the whole person, not just one symptom or condition. A Pediatric Physiatrist is a medical doctor who has also completed residency training in the medical specialty of physical medicine and rehabilitation (PM&R) as well as a fellowship in pediatric rehabilitation medicine. Pediatric Physiatrists perform different procedures and diagnostic tests but they do not perform surgery.

How are children evaluated?

The evaluation is tailored to your child's individual needs. A nurse or assistant will check your child's height and weight. The physician will review all the information you have provided; ask questions about your concerns and child's medical history, and perform a physical examination of your child. The physician will evaluate your child's muscles strength, flexibility, and how she/he moves and plays. Depending on your family and your child's needs, he/she may see the parent or child individually. The staff will partner with you and document on a computer during your session.

Will my child be present when I talk to the physician?

Please let the staff know if you do not want to discuss your concerns about your child in front of him or her. It would be helpful to bring another adult to stay with your child so you can talk to the physician privately. If this is not possible, please provide the physician with a written, bulleted list of your concerns so he/she can consider them during the evaluation.

What kinds of testing will my child need?

Some additional information may be needed to assess your child's movement, function, muscles, nerves, and bones. Some medical tests and lab work may also help to provide additional information. Each child is different and you and your physician will decide together what additional testing would be performed.

How long is the initial visit?

The initial visit is usually approximately 60 minutes.

When will I know the results of the evaluation and get a diagnosis?

We know that many families would like answers and a specific diagnosis during their first visit. We may not have all the information needed at that time to give a specific diagnosis, but your physician will share with you their initial thoughts. Your physician will partner with you to determine what steps are needed to address all



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your questions and concerns. After all testing is completed, you will meet with your physician for a follow up visit. Follow up visits are typically 30 minutes.

When will I get a copy of the evaluation report?

You will have access to view the report on MyChart, the patient portal.

What should I bring?

Please bring:

- A current photo ID (license)
- Insurance card
- Referral if needed
- A current list of your child's medications
- The questionnaire that was sent to you
- Any braces, splints, and a list of any other adapted durable medical equipment your child may be utilizing (i.e. hospital bed, stander, gait trainer, knee immobilizers, etc.). You might want to bring a backpack with some toys/games for your child and a snack. Many parents also find it helpful to bring a list of questions to ask the physician. Topics you may want to include in that discussion may be, but are not limited to, possible treatments and therapies, the need for braces, splints and/or durable medical equipment, recreational activities, community opportunities, and stretching exercises.
- A list of questions to ask the provider
- School reports
- Physical, Occupational, and Speech Therapy reports
- Prior evaluations

How should my child dress for the evaluation?

Please have your child dress in comfortable, loose clothing. If possible, please have your child wear shorts (or sweatpants) and a comfortable t-shirt. Please avoid wearing tight clothing such as jeans.

Do I have to bring my child to Children's Specialized or can another relative bring them?

It is a requirement that a parent or legal guardian be present during your child's evaluation and to sign consent. You have the most helpful information about your child and it is important to have your input.



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Will insurance pay for the evaluation?

A representative from our insurance team will review your benefit coverage prior to your scheduled appointment. Please respond to communications (email, phone calls, text messaging) you may receive from the hospital as it may be our insurance department reaching out to discuss benefits.

You are responsible for understanding your insurance benefit and are strongly encouraged to contact your insurance company directly for any exclusions, visit limits or out of pocket responsibility. If you have questions about insurance coverage, please contact our **Insurance Team** at **(908) 741-4399** for English or **(908) 741-4424** for Spanish.

How do I access the patient portal?

MyChart is the patient portal. You may already have access if you or your child has received care at any RWJBH facility. If not, it is recommended that you create an account prior to your visit. Please note, the parent or caregiver must create their own account first, during registration our representatives will explain how to access the portal on behalf of your child.

If you already have access to MyChart for your child, you will receive reminders starting three days prior to your appointment. Once you receive the reminder, we encourage you to complete the e-CheckIn. This will expedite registration once you arrive on site.

[Click Here](#) or Scan the code to access MyChart

