

## Physical and Occupational Therapy

- Assesses cognitive, gross and fine motor development
- Evaluates oral feeding through assessment, discussion and/or a video swallow
- Assesses the need for adaptive devices
- Recommends a treatment plan for therapy

## Physical Medicine & Rehabilitation (Physiatrist)

- Evaluates functional, developmental and neuromusculoskeletal status
- Assesses need for physical or occupational therapy, home adaptive or mobility equipment, orthotics or splints and management of abnormal muscle tone if indicated
- Discusses specific rehabilitation goals with the patient and family

## Psychology

- Assesses learning and behavioral problems
- Provides suggestions for intervention and treatment

## Sleep Medicine

- Evaluates for breathing-related disorders, sleep apnea, restless legs syndrome
- May perform a sleep study

## Social Services

- Assists the patient and family in coping with the diagnosis through counseling and support
- Obtains community resources to facilitate treatment and care at home

## Speech Pathology

- Evaluates swallowing with a video swallow or video scope
- Identifies disorders of speech or language

The collaboration of the team in the Aerodigestive Clinic provides quality care for your child.

At Mayo Clinic, we believe the needs of our patients and families come first. Mayo Clinic Children's Center has approximately 200 pediatric specialty physicians, scientists, and researchers. We have over 70 pediatric specialty practices and integrated clinics.

### ■ Methods for Patient Referral

A referral from your child's primary care provider is requested. Referrals may be made by calling:

855-MAYO-KID (855-629-6543)

or via the Referring Physicians Portal at:

[http://www.mayoclinic.org/  
medical-professionals/provider-relations/  
online-portal](http://www.mayoclinic.org/medical-professionals/provider-relations/online-portal)



# Mayo Clinic Children's Center



## Aerodigestive Clinic

MAYO CLINIC | [mayoclinic.org](http://mayoclinic.org)  
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The Pediatric Aerodigestive Clinic is part of the Mayo Clinic Children's Center. The goal of the clinic is to provide an interdisciplinary team approach in the treatment of aerodigestive disorders. The collaboration of the team provides integrated multi-specialty care to assure quality and patient-centered care to children and their families. The Aerodigestive Clinic sees children with complex conditions of the upper airway, lungs, upper digestive tract, including problems with sleep and feeding. Patients usually require care from more than one specialist.

Examples of aerodigestive conditions:

- Airway stenosis
- Aspiration
- Chronic lung disease
- Developmental delays
- Feeding problems
- Gastroesophageal reflux
- Global central nervous system impairment
- Chiari malformation
- Esophageal dysmotility
- Esophageal stricture
- Genetic condition
- Laryngeal cleft
- Laryngomalacia
- Noisy breathing
- Recurrent chest infections
- Sleep disordered breathing
- Tracheoesophageal fistula
- Tracheomalacia/bronchomalacia
- Tracheostomy
- Vocal cord paralysis

## ■ Your Visit

The Aerodigestive team will complete an evaluation of the patient usually over a 5 day period. The child and family will meet with several specialists and will likely undergo a series of necessary procedures and tests. If anesthesia is needed for procedures, the team will work to coordinate procedures requiring anesthesia under one sedation. The team will meet to discuss their findings and formulate a recommended treatment plan specific to the child's needs. Examples of recommended treatment may include surgical intervention, a feeding program or follow-up with the appropriate health care providers.

## ■ Our Aerodigestive Team

### Patient Appointment Coordinator

- Schedules patient and family appointments

### Clinical Assistant

- Documents vitals (e.g. height, weight, blood pressure)
- Collects current medication and preferred pharmacy information
- Schedules and coordinates follow-up consults, tests and procedures

### Clinical Nurse Coordinators

- Collects previous medical history and assists with previsit planning
- Provides education to the patient and family
- Assists the patient and family in understanding, coordinating and implementing the treatment plan

### Pediatric & Adolescent Medicine (Pediatrician & Nurse Practitioner)

- Evaluates overall health and provides a holistic view of the patient's needs and family goals
- Ensures appropriate referrals
- Advocates for the ideal treatment plan for each child
- Assists with care coordination of the team's recommendations
- Facilitates transfer of care to other Mayo Clinic providers or the patient's hometown providers, as appropriate

### Otorhinolaryngology (ENT)

- Assesses airway, breathing, swallowing and hearing
- Evaluates abnormalities of the voice box and throat
- May perform diagnostic procedures
- Provides appropriate planning and timing of surgical intervention, as needed

### Gastroenterology (GI)

- Assesses for stomach complaints, reflux issues and nutritional problems
- Treats bleeding, swallowing problems, or other problems encountered in the digestive tract
- May perform diagnostic procedures

### Pulmonology

- Diagnoses, treats and manages breathing and lung diseases
- May perform diagnostic procedures
- Recommends a treatment plan for lung hygiene

### Diagnostic Radiology

- Interprets and diagnoses diseases through the use of medical imaging such as x-rays, CT, and MRI.

### Medical Genetics

- Assesses the child for genetic disorders and recommends testing for diagnosis
- Promotes a better understanding of genetics related to the child's condition

### Neurology

- Evaluates symptoms and conditions associated with the brain, spinal cord and nerves
- Orders and interprets testing for diagnosis of neurological disorders

### Nutrition and Dietetics

- Assesses nutritional intake
- Recommends an individualized nutrition plan
- Assists in transitioning to oral feeding

### Pediatric Anesthesiology

- Provides medical care to patients throughout his or her surgical experience
- Medically evaluates the patient before surgery (preoperative)
- Consults with the surgical team and provides pain control during surgery (intraoperative)