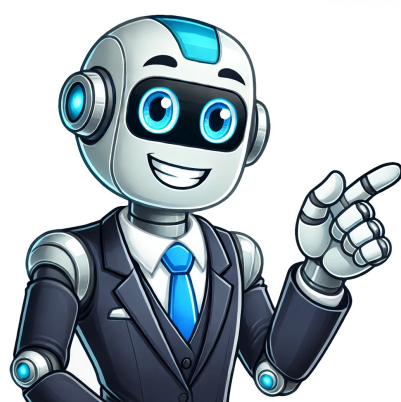


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Innholdet i undersøkelsen varierer noe fra person til person. Vanligvis kartlegger vi hvordan du fungerer på ulike områder ved å snakke med deg og eventuelt pårørende/andre instanser. Som oftest gjennomfører vi ulike tester, for eksempel evennivå, hukommelse, oppmerksomhet og konsentrasjon, språk, visuell funksjon, planlegging og organiseringsevne, motoriske og sensoriske ferdigheter, samt hvordan du fungerer adferdsmessig, sosial og emosjonelt. Henvisning og vurdering Fastlegte og psykolog kan henvise deg til nevropsykologisk utredning. Du kan også bli henvist fra somatiske avdelinger. Som regel starter utredningen i løpet av 1 måned, men fristen er 3 måneder. Hvis utredningen gjelder førerkort eller andre attester kan det være lengre ventetid fordi det ikke er noen frist for slike utredninger. Tydelig beskrivelse av årsak til henvissning: Hva ønsker en svar på? Anamnesteiske opplysninger (oppvekst, utdanning, yrke, sosial funksjon, fritid) Aktuelle diagnoser og behandling, både somatisk og psykisk Medisinliste Andre relevante funn (blodprøver, billeddiagnostikk, EEG etc) Informasjon om eventuell tidligere nevropsykologisk utredning. Det er viktig at pasienten er informert dersom henvissningen gjelder vurdering av førerkort. Legg ved informasjon om andre somatiske og psykiske forhold jfr. helsekravene til førerkort (syn, epilepsi, medikasjon, motorisk funksjon, adferdstorstyrrelser, psykose m.m.) Ta med ferdig utfylte skjema hvis du har fått det på forhånd. Møt utthvilt, unngå medisinerdringer eller rusmidler i dagene før utredningen.Ta med briller og/eller høreapparat om du bruker det.Ta med matpakke og drikk, eller penger til å kjøpe mat, da testingen tar noen timer. Skru av mobilen under testingen. Ta med ferdig utfylte skjema hvis du har fått det på forhånd. Møt utthvilt, unngå medisinerdringer eller rusmidler i dagene før utredningen.Ta med briller og/eller høreapparat om du bruker det.Ta med matpakke og drikk, eller penger til å kjøpe mat, da testingen tar noen timer. Skru av mobilen under testingen. Første gang du kommer, har vi en samtale om hvorfor du er henvist og hva undersøkelsen går ut på. Vi får informasjon om din nåværende og tidligere funksjon, blant annet gjennom en utviklingshistorie fra barneår til i dag. Vi er interessert i dine styrker, svakheter, og aktuelle problemer. Noen ganger får vi også informasjon fra pårørende eller andre instanser, men bare hvis du har gitt samtykke til det. Som regel må du ta noen muntlige, skriftlige og/eller praktiske tester. Testene blir vanligvis fordelt over 2 dager og utføres av testtekniker eller psykolog. Ingen av testene gjør vondt, men du kan bli trøtt etterpå. Første gang du kommer, har vi en samtale om hvorfor du er henvist og hva undersøkelsen går ut på. 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We also undertake interviews in cases where there is a suspicion of violence associated with genital mutilation, forced marriage or honour-related violence. The Code on Criminal Procedure Section 239 dictates that children up to the age of 16 should be interviewed in a neutral (out of court) setting. Interviews are regulated by the Guidelines on Forensic Interviews and Observation. The Childrens Houses have been tasked with conducting interviews in connection with criminal investigations, performed by qualified police personnel specially trained in interviewing children. Judges sit in separate rooms to observe interviews in real time via a video link. Defence attorneys, legal-aid attorneys, appointed guardians as well as police attorneys and investigators may also be present. Senior counsellors/psychology specialists from the Childrens Houses perform a monitoring role to assess the childs' mental health as the interview is conducted, as well as ensuring that the subject need only describe his/her experience once and once only. This is crucial to determine what further treatment and follow-up is required. It is up to each judge to decide whether other Childrens Services representatives should be present during the interviews. Medical examinations Medical examinations at the Childrens House Oslo are the responsibility of the Social Pediatrics unit of Oslo University Hospital (formerly Ullevål University Hospital). Examinations are performed by experienced doctors and nurses in a specially equipped room, and are offered on two half-days per week. They can have various objectives ranging from collecting evidence and documenting injuries to identifying previous injuries and assessing medical records. Examinations can also confirm sound physical health with no injuries present. Treatment/follow-up Treatment and follow-up at the Childrens Houses is a low-threshold offering that is available without the child or the child's family having necessarily been referred for treatment. The first objective is to ascertain the childs safety, if there is any trauma reaction and if there is a desire for treatment/follow-up either on site or through the local care apparatus, if such services are not already involved. Needs are identified through an evaluation offered to all children and relatives following judicial interviews. The main aim here is to assess the childs psychological condition, safety and any need for acute referral. This is done in collaboration with Childrens Services and the police if necessary. It is also important to evaluate the ability of care givers) to provide adequate support, especially if they are themselves in crisis. It is also important to identify private and professional networks. A Childrens House staff member is familiar with the details of abuse. Children requiring follow-up/treatment at the Childrens House will receive that help immediately. We provide follow-up as necessary until other local care services become involved. Treatment for children/families is provided at a systems level in addition to more individually focused treatment alternatives. A central concern of the Childrens Houses is that having caring adults around will ensure the childs positive development. Consequently we spend a lot of time working with parents, and also directly with schools and kindergartens. We collaborate with the local care apparatus to ensure that children receive the best possible help. Our mission is to deliver individually tailored treatment to all children and young people presenting at the Childrens Houses. Anonymous consultations, advice and guidance The Childrens Houses have seen increasing enquiries from Childrens Services, school health services, and schools and kindergartens themselves. This contact is characterised by requests for advice and guidance where the childs identity is not disclosed. We are also contacted by worried parents and grandparents, as well as other relatives and neighbours. Professional development and education The Childrens Houses represent an exciting new service where professional development and education are key factors. A yardstick of success is that the police and the courts view us as key partners. It is also vital that we are considered strong professional partners by colleagues in Childrens Services, in mental-health and other front-line service providers. In Oslo, we have worked hard to make our offering known and have drawn a lot of attention since day one. This interaction has involved collaboration meetings, as well as ongoing education and professional development. Anchoring and mandate The establishment of the Childrens Houses was the first step in the Strategy Plan for Domestic Violence 2008-2011. The turning point: "The main objective is to provide a better service for child victims of abuse by means of medical examinations, judicial interviews and treatment being offered under one roof." The Childrens Houses were conceived of as multidisciplinary competence centres, also providing services for mentally impaired adults. They form part of a project between the Ministry of Justice and the Police, the Ministry of Children, Equality and Social Inclusion, and the Ministry of Health and Care. Organisational structure The Childrens House Oslo comes under the umbrella of Oslo Police District and opened on 9 September 2009. We are located at Skippergata 31 in the city centre. Our catchment area has a population of 1.5 million people and also covers the police districts of Asker and Bærum. Employees The Childrens House Oslo employs senior advisors/clinicians with child-services experience as well as psychology specialists, administrative directors, administrative executive officers and higher executive technical officers. Oversikten som følger er kun ment som en kort oppsummering av relevante parametre som er viktig å vurdere før en test tas i bruk. Testene er selektert fordi de enten brukes i utstrakt grad i psykisk helsevern, eller de anbefales brukt av kliniske psykologer og nevropsykologer for kartlegging av klinisk psykologiske og nevrokognitive problemer hos mennesker med psykiske lidelser, eller de brukes av mange helsepersonellgrupper for symptomkartlegging av psykiske lidelser. Listen er ikke uttømmende. Flere tester som i utgangspunktet var selektert for inklusjon her, ble etter hvert ekskludert fordi de relevante parametre som oppsummeres her var for vanskelig tilgjengelig gitt tidsrammene for og omfanget av dette oppdraget. Testene som vil vurderes i forhold til en rekke parametre, inkludert reliabilitet og validitet, er: MADRSPDQ-4MINISCID/SCID-II/SCID-DBeck: BDI/BAIWCS TRavenRorschachMMPI-2PANSSSCL-90-RIIP NEO-PI-RMCMI-IIICVLT-IIWAIS-III MADRS: Montgomery- Aasberg Depression Rating Scale MADRS M.I.N.I.; Mini Internasjonalt Nevro-psykiatrisk Intervju MINI Personality Diagnostic Questionnaire-4/4+ (PDQ-4/PDQ-4+) PDQ-4 Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-I) SCID-I Structured Clinical Interview for DSM-IV Axis II Personality Disorders (SCID-II) SCID-II Structured Clinical Interview for DSM-IV Dissociative Disorders-Revised (SCID-D-R) SCID-D-R Global Assessment of Functioning (GAF)/ Global Assessment Scale (GAS) GAS Beck Depression Inventory-II Beck Depression Inventory-II Beck Anxiety Inventory Beck Anxiety Inventory Wisconsin Card Sorting Test Wisconsin Card Sorting Test Raven Progressive Matrices: Standard, Advanced, Coloured Raven Progressive Matrices: Standard, Advanced, Coloured Rorschach Inkblots (Exner's Comprehensive System) Rorschach Inkblots Thematic Apperception Test (TAT) TAT Minnesota Multiphasic Personality Inventory-2 MMPI-2 Positive and Negative Syndrome Scale (PANSS) PANSS Symptom Checklist-90-Revised (SCL-90-R) SCL-90-R Inventory of Interpersonal Problems (IIP) - Inventory of Interpersonal Problems-Circumplex Scales (IIP-C) IIP NEO-Personality Inventory Revised (NEO-PI-R) NEO-PI-R Millon Clinical Multiaxial Inventory-III (MCMI-III) MCMI-III CVLT-II CVLT-II Wechsler Adult Intelligence Scale-III (WAIS-III) WAIS-III Tester i bruk innen psykisk helsevern The psychologist will call you when the appointment starts. You will receive a reminder via SMS. Keep the Dr.Dropin app open. The psychologist will call you when the appointments starts. You will receive a reminder via SMS. Keep the Dr.Dropin app open and turn off focus mode on your mobile. Download the Dr.Dropin app from App Store or Google Play. Create a profile using your BankID.Select "Psychology", whether you want to talk in a clinic or via video, and which therapist you want to talk to.Choose an appointment that suits you and meet the therapist. Together, you agree on the length of the sessions. På Rikshospitalet er det gode muligheter for å parkere i parkeringshuset (hovedparkeringen) som ligger rundt 250 meters gange fra hovedinngangen - ned mot Esso-stasjonen. Se kart over Rikshospitalet (PDF). Adkomsttorget Adkomsttorget foran Rikshospitalet er nå stengt på grunn av byggearbeider. Les mer om byggearbeidene og midlertidig hovedinngang på Rikshospitalet Ved eiendomsseksjonen På nordsiden av Rikshospitalet, ved Eiendomsseksjonen, finnes korttidsparkeringsplasser og en billettautomat. Foreldreparparking Rikshospitalet har et begrenset antall parkeringsplasser til disposisjon for foreldre/foresatte eller ledsagere. De kan parkere uten avgift på ansattparkeringen (P1-P3), dersom barnet er under 18 år og er innlagt på sykehuset. Vis bekreftelse på foreldreparparkering i hovedresepsjonen. Bekreftelsen finner du i innkallingsbrevet. Resepsjonen er betjent mellom kl. 07.00-21.00 mandag til fredag og 10.00-20.00 lørdag og søndag. Resepsjonen fyller ut elektronisk parkeringstillatelse for perioden (periode a maks. 14 dager) pasienten er innlagt på sykehuset Du trenger ikke parkeringstillatelse i frontruten. Det registreringsnummer blir elektronisk registrert, og du får en kvittering på sms dersom du legger igjen ditt mobiltelefonnummer. Allerede betalt parkering refunderes ikke av sykehuset. For barn som er til poliklinisk eller dagbehandling, må man selv legge ut for parkering og søke refusjon fra Pasientreiser. Betalingsmuligheter Sykehuset tilbyr parkering utendørs på alle behandlingssstedene. Du kan velge om du vil betale med kort, mynt eller EasyPark sin mobiltelefonløsning. Sykehuset anbefaler at de som skal parkere utendørs benytter seg av etterskuddsvis betaling eller betaling med mobiltelefon. Det er fordi det ikke alltid er like lett å beregne hvor lang tid sykehusbesøket vil ta. Etterskuddsvis betaling bruker du et betalingskort (for eksempel VISA-kort) og reserverer et beløp på parkeringsautomaten. Dersom du ikke bruker opp hele parkeringstiden, blir det overskytende beløp refundert. Slik gjør du: Trekk betalingskortet i betalingsautomaten. Reserver et beløp. Tast inn kjøretøysets registreringsnummer. Det er ikke nødvendig med billett i frontruten. Når du avslutter besøket, trekker du betalingskortet igjen (det samme som først benyttet) i betalingsautomaten (den samme betalingsautomat som først benyttet) og du blir løst ut. Fordelen med denne ordningen er at du hverken betaler for mye parkeringsavgift eller risikerer at parkeringstiden løper ut på grunn av forsinkelser. Parkeringssted som kan kjøpes ved automaten eller ved bruk av EasyPark-app (EasyPark tar 15 prosent tillegg for bruk av deres app). EasyPark SMS tjeneste - transaksjonsavgift 3 prosent minimum 2 kr (se beskrivelse på automat). Priser 2025 54 kr per time 340 kr per døgn 1119 kr per uke 88 kr per time, bygg 10 på Gaustad, maks. 2 timer EasyPark-kode: Rikshospitalet langtid, EasyPark-kode: 3012 Eiendom ved favnstttet, EasyPark-kode: 3006 Rikshospitalet korttid ved bygg 10 på Gaustad, EasyPark-kode: 3000 Gjelder alle dager og hele døgnet. Kontakt Generelle henvendelser: parkering@oslo-universitetssykehus.no Telefon: 23 07 50 00 Klager Klage på kontroll sanksjon kan legges inn via ous.parkerings.info eller per brev til Oslo universitetssykehus HF Oslo SykehusservicePostboks 4956 Nydalen0424 Oslo Merk Kontroll sanksjon - Parkering, Fra 1. januar 2017 håndheves OUS parkeringsområder etter Parkeringsforskriften av 18. mars 2016 nummer 260 Lenke til Parkeringsregisteret hos Statens vegvesen. A public health nurse will provide advice about topics like breast feeding, nutrition, the parent-child relationship, motor skill development, sleep, vaccinations and oral health. Consultations at the health centre All children between 0-5 years old are offered regular health and development consultations at the municipal health centres. This in order to better the physical, psychological and social development in babies and toddlers. The check-ups are meant to contribute to a gained confidence in the parental role and to strengthen the bond between the parents and the child. Consultations at the health centre (might vary from district to district) Childs ageYou will meetType of consultationVaccine 7-10 daysPublic health nurse individual (home visit) 4 weeksPublic health nurse + opt. physiotherapistgroup consultation 6 weeksPublic health nurse and doctorindividualRotavirus 3 monthsPublic health nurse individual DTP-IPV-Hib, Pneumococcal disease, Rotavirus, Hepatitis B 4 monthsPublic health nurse + opt. physiotherapistgroup consultation 5 monthsPublic health nurse individual DTP-IPV-Hib, Pneumococcal disease, Hepatitis B 6 monthsPublic health nurse and doctorindividual 8 monthsPublic health nurse individual, or group consultation 10 monthsPublic health nurse individual, or group consultation 12 monthsPublic health nurse and doctorindividualDTP-IPV-Hib, Pneumococcal disease, Hepatitis B 15 monthsPublic health nurse individual MMR 17-18 monthsPublic health nurse group consultation 2 yearsPublic health nurse and doctorindividual 4 yearsPublic health nurseindividual How to book an appointment Your child will automatically be scheduled for the standard consultations mentioned above. You will receive a booking confirmation for these appointment via text message. You can also book appointments for other inquiries. Find your health centre Your address determines which health centre you belong to. You are responsible for notifying the health centre if you have moved from another district or if you have moved to Oslo from another municipality or country. Antenatal care You can choose to get antenatal care from a midwife at the health centre in your district. Read more about antenatal care and midwifery Newborns and home visits All health centres offers home visits to families with newborn babies. Please contact the health centre in your district when you come home from the hospital to schedule an appointment. Maternity groups Your public health nurse will provide information about post-natal groups at your health centre. The groups consist of people that have babies that are similar in age. The group will usually meet at the health centre a few times before the administration is left to the group to decide. Physiotherapy and occupational therapy Contact your health centre if you have any worries about your child's motor development. You will be referred to a physiotherapist or an occupational therapist if needed. Download the Dr.Dropin app from App Store or Google Play. Create a profile using your BankID.Select "Psychology", whether you want to talk in a clinic or via video, and which therapist you want to talk to.Choose an appointment that suits you and meet the therapist. Together, you agree on the length of the sessions. Health centres for adolescents (HFU) are a free service for young people aged between 12 and 20 years. The health centres for adolescents offer help and advice from public health nurses, doctors and in some cases midwives and psychologists. Employees of the school health service are covered by a duty of confidentiality. At a health centre for adolescents, you can ask any questions you may have and talk about any issues you are wondering about. You can get advice and guidance concerning issues such as: body and health puberty sexual orientation and gender identity sex and cohabitation contraception pregnancy sexually transmitted diseases (STDs) problems with friends or family difficult thoughts feelings and worries You can also contact the health centre if you have a friend who is in need of help or guidance. The aim of health centres for adolescents is to promote health and improve young people's health literacy. No appointment necessary You do not need to book an appointment to talk to a public health nurse or other healthcare professional at a health centre for adolescents. All you have to do is turn up. You do not need permission from your parents to contact a health centre for adolescents. Health centres for adolescents are open in the afternoon, so you do not have to take time off school or work to visit a centre. Find your local health centre To find your nearest health centre, visit your municipality's website for more information. On the website, you will find information about opening hours and age limits. Many health centres offer services right up to the age of 24. Duty of confidentiality Public health nurses, doctors, midwives and psychologists are all subject to a strict duty of confidentiality. This means they will not be allowed to reveal to anyone else what you talk to them about. If you have spoken to a health professional, they will not be able to disclose to anyone else why you spoke to them or what you talked about. There are certain exceptions to this rule. Health professionals sometimes need to disclose information about you, e.g. to the police or the child welfare services, if there is a risk that you may harm yourself or others, or if it is clear that you are having problems at home. Adolescents between 12 and 16 years of age If you are between 12 and 16 years of age, you can ask for your parents not to be informed. Nevertheless, it is the healthcare professional who will make this decision in these cases. Adolescents over 16 years of age If you are over 16, information about you will not be shared with your parents without your permission. Giving such permission is known as giving consent. The healthcare professional will sometimes be able to disclose information to your parents even when you are over 16, if they need the information in order to fulfil their parental responsibilities. In such cases, you will be informed that the healthcare professional will contact your parents. Puberty and sexual health At a health centre for adolescents, you can get advice and guidance on: puberty crushes/love contraception sexuality testing and treatment for sexually transmitted diseases (STDs) sexual challenges such as erectile dysfunction, dry vagina, etc. gender identity and sexual orientation pregnancy abortion Pregnant? If you think you may be pregnant, you can have a free pregnancy test at the health centre. You will be asked to go to the toilet in order to give a urine sample (pee in a cup). The urine sample will be used to confirm whether or not you are pregnant. Home tests are as reliable as those used by the health centres. If you have tested positive during a pregnancy test at home, please contact your health centre for further advice and guidance. They will help you regardless of whether or not you wish to keep the foetus. Free testing and treatment for sexually transmitted diseases (STDs) If you are wondering whether you have contracted an STD, you can have a free test and examination at the health centre. The type of test you should take and any treatment you receive will depend on the infection or disease you are tested for. To determine the tests you should take and identify possible sources of infection, the public health nurse or doctor will ask you what type of sex you have had, whether you have any symptoms and who you had sex with. Getting yourself tested is easy It is easy and painless to get yourself tested for most sexually transmitted diseases. For girls, it is often enough to take a sample from the vagina using a swab similar to a cotton bud, while boys can give a urine sample in a cup. It may also be appropriate to take samples from the throat and the anus. You can perform the test yourself in a toilet at the health centre or you can ask a public health nurse or doctor to help you. The public health nurse or doctor will explain the procedure to you. If you need to be tested for hepatitis, HIV or syphilis, the public health nurse or doctor will take a blood sample from you. If you are examined for scabies, cab lice and genital warts, the health nurse or doctor must examine your skin or lower abdomen to see whether you are infected. Tests and treatment for sexually transmitted diseases at health centres for adolescents are free of charge. Contraception and condoms You can contact a health centre for adolescents if you need contraception. The public health nurse will explain the various types of contraceptives that are available, how they are used, and possible side effects. You decide which contraceptive is best for you. The most reliable contraceptives are the ones that you do not have to remember to take every day, such as the contraceptive implant or spiral. You can also ask to switch contraceptive methods if you decide the one you chose first is unsuitable for you. The types of contraceptives that are available are: combination oral contraceptives (contain the hormones oestrogen and progestin) progestin oral contraceptives (contain the hormone progestin) copper coil hormonal coil mini pills contraceptive plaster vaginal ring contraceptive injection contraceptive implant condom If you have had unprotected sex or had a condom split during sexual intercourse, emergency contraception (the morning after pill) is also available, which should be taken as soon as possible after intercourse and within no more than 72 hours. If you are a young woman aged between 16 and 22, you will automatically be entitled to free or discounted contraception (in Norwegian) at pharmacies. Condoms and lubricants can be obtained free of charge at the health centre or ordered free of charge here. Mental health service It is normal to struggle with difficult feelings and thoughts at times. It is common for people to sometimes feel sad, angry or afraid, but these thoughts and feelings will normally pass after a while. However, if they do not pass, it can be a good idea to talk to someone about it. The sooner you get help, the better your chances of recovering. You can talk to a health professional at a health centre for adolescents about what is bothering you. You can also talk to a health professional if a friend or someone you know is having a hard time. The public health nurse will explain to you what can be done next. In some cases, a public health nurse may, with your consent, contact your GP, a psychologist or other health service who can help you. At health centres for adolescents, you can get advice and guidance on issues such as: stress, pressure and performance problems loneliness bullying well-being and self-image sleeping problems heartbreak eating disorders unhealthy exercise and exercise addiction depression anxiety self-harm suicidal thoughts grief substance abuse school absence or desire to leave school If you are considering leaving school, the public health nurse can, in consultation with you, your school and the school health service, draw up a plan to enable you to complete your schooling. Problems at home If you are finding life at home difficult, talk to a health professional at a health centre for adolescents about it. You can also talk to a public health nurse if you have a friend or family member who is having a hard time. A public health nurse can advise you on issues such as: arguments and quarrelling divorce sibling rivalry and jealousy too much responsibility at home financial problems parents or family members who are excessively strict do not understand you do not support you have substance abuse problems have a mental or physical illness death grief violence and abuse forced marriage and honour-based violence negative social control female genital mutilation Health professionals are subject to a duty of confidentiality and cannot disclose what you have been talking about to anyone else, unless the situation represents a danger to you or someone else. In consultation with you, the health professional can then ask for help from other adults, e.g. a psychologist or the child welfare service. Together, they will be able to help you feel better. Brukerpreferanser for informasjonskapslerVi bruker informasjonskapsler for å sikre at du får den beste opplevelsen på nettstedet vårt. Hvis du avslår bruken av informasjonskapsler, kan det hende at denne nettsiden ikke fungerer som forventet.AnalyticsVerktøy som brukes til å analysere dataene for å måle effektiviteten til et nettsted og for å forstå hvordan det fungerer.Google AnalyticsAksepterAvvisAnnonseringHvis du godtar, vil annonsene på siden bli tilpasset dine preferanserSave