

Psychological support for children with cystic fibrosis and their families

Introduction

In the Children's Cystic Fibrosis (CF) Service we aim to address all aspects of your child's healthcare and treatment. We believe that psychological support should go hand in hand with medical care and should be offered to all families. This leaflet provides information about the work that the Clinical Psychologist does and when it may be useful for you and your child to see them.

What is a Clinical Psychologist and what do they do?

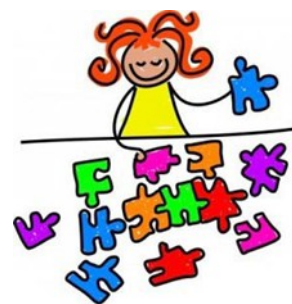
Our Clinical Psychologists work with children and families to help them cope with having a physical health condition. This could be at any time from diagnosis onwards. Psychologists do not prescribe medication and do not perform any physical examinations.

The Cystic Fibrosis Clinical Psychologists aim to meet everyone who attends the Children's Cystic Fibrosis Service e.g. in clinic, annual review or on the ward.

When might it be helpful to see a Clinical Psychologist?

Emotional support is available from other members of the CF team. Much of the time you may find that talking through your problems with the team, or your friends, family or others, will help you to cope better. If, however, this is not enough, the Clinical Psychologist can offer some further support and suggestions. A Clinical Psychologist may be able to help for a variety of reasons, including:

- Difficulties taking medication (compliance)
- When starting a new treatment or any changes (adherence)
- Fear of procedures
- Anxiety or low mood
- Feeling different
- Eating difficulties
- Sleeping problems
- Parent support
- Support at school meetings



What about confidentiality?

Our discussions are held privately. All information is treated as confidential and will only be discussed with other team members if you agree to this. Your Psychologist is legally obliged to notify your Doctor or other Health Professional involved in your care if there is a significant risk to your own safety or the safety of others. Information from sessions will not be given to others such as family members (unless you specifically ask for them to be involved).

How do I arrange to see a Clinical Psychologist?

The Psychologist will be able to meet with you for a brief time as part of your routine clinic appointment with the multi-disciplinary CF team. The aim of such meetings is to discuss any problems you may have and to see if input from a Psychologist might be useful to you.

If you would like to access more in-depth hour-long appointments separate to the multi-disciplinary team (MDT) clinic, please contact the CF Coordinator on the number below, or ask anyone in the CF team. Telephone appointments can also be arranged.

Appointments can be made for children or young people, siblings, parents or members of the extended family. Every effort will be made to fit appointments around other commitments and clinic times. Together with the Psychologist you can decide whether to arrange a one-off meeting or a series of appointments.

To arrange a telephone or face-to-face appointment, please ask anyone in the CF team, or call the CF Coordinator:

Telephone no: 01603 646025

