



Royal Manchester Children's Hospital

Information For Children and Young People With Cystic Fibrosis

Clinical Psychology Department



This leaflet is for children and young people with Cystic Fibrosis (CF). It provides some information about the Clinical Psychologist in the CF Team which you may find helpful. It is not just your physical well-being that the CF Team is concerned about. Coping with complex health problems can be difficult for everyone at times, and there may be problems that the Clinical Psychologist can help you with.

What is a Clinical Psychologist?

A Clinical Psychologist is someone who has studied behaviour and feelings. They use this knowledge to try to understand the problems that children and their families may be having, and suggest different ways of trying to help.

What can we help with?

Children who have physical health problems, and the families who care for them, often face difficulties from time to time. These can be distressing, and sometimes families need help with these difficulties.

We can help children, young people and their families with:

- Adjusting to being told you have CF
- Difficulties in coping with the demands of treatment
- Low mood/feeling sad
- Worries or anxieties
- Worries about needles or other medical procedures
- Behavioural problems
- Feeling angry
- Eating/feeding difficulties
- Making decisions about treatment
- Coping if health gets worse
- Difficulties in getting on with people (for example parents/carers)

How can we help?

Clinical Psychologists can help with difficulties that you may face about your health or treatment. They can also help with other emotional, behavioural or relationship problems. Clinical Psychologists aim to help parents and children understand their problems and find ways of solving them. Some of the ways we do this are listed below:

- We are able to offer individual appointments where we can talk to you about any worries you and/or your family have and ways you can manage them. We can provide counselling, therapy and support for you and your family about anything related to your CF.
- If it's okay with you, we can talk with other people who know you well, such as school Teachers or Nurses.

Frequently asked questions

Will there be a Psychologist at my annual review?

Unfortunately it is often not possible for the Psychologist to attend annual review appointments. However, you may be asked to routinely complete questionnaires at your annual review which will help the Psychologist understand how you are doing.

How do we get to see a Psychologist?

You can request to see the Psychologist by asking any member of the CF Team to arrange this.

A member of the CF Team may ask you if you would like to see the Psychologist, or you can request psychological support.

If you would like to speak to the Psychologist before any initial appointment is made you can contact them on 0161 701 5683.

Will I have to wait to see a Psychologist?

We aim to offer an initial appointment within 11 weeks. We try to be as flexible as possible with appointment times, however, if the date or time of your appointment is inconvenient please let us know so that we can rearrange it.

What is the difference between a Psychiatrist and a Psychologist?

A Psychiatrist is a medically qualified Doctor with an additional qualification in Psychiatry. Psychiatrists' training is focused on mental illness and they are able to prescribe medication. A Clinical Psychologist has a degree in psychology, followed by a doctorate in clinical psychology. Their training focuses on understanding feelings, behaviour and normal development, as well as dealing with difficulties in adjusting to different circumstances, for example, coping with a chronic illness. Psychologists do not prescribe medication.

What would happen at the first appointment?

When you are referred to see a Clinical Psychologist you will be sent an appointment. The first appointment will usually last about one hour.

During this session, we will talk about the current difficulties as you and your family see them, and about the family in general. We may also ask questions about your family's history, your early development, and about school. This will help us build up a picture of the difficulties you are facing. The Psychologist will usually want to spend some time talking to you alone, perhaps using activities such as drawing or play. However, this may happen at a later session.

As well as the Clinical Psychologist asking you questions, you can ask them questions if there is anything you are unsure about. At the end of the first session, we will try to plan the next steps to help resolve the difficulties.

Would we need to come and see a Psychologist separately from our other appointments?

Not necessarily. We will try to be as flexible as possible and co-ordinate appointments with any other hospital appointments that you have.

Do Psychologists ever come to the home?

Occasionally, if it is felt to be more appropriate or helpful to the young person and family to be seen in the home then this can be arranged. Your own individual needs can be discussed in a one-to-one meeting with us.

Do Psychologists see children separately from their parents?

It can sometimes be helpful to see you on your own, depending on your age and whether you think this is okay. However, this would always be done in full discussion with your parents. Older children and teenagers will be offered the chance to be seen on their own.

Would the Psychologist meet the whole family?

Sometimes it can be helpful to meet with all members of the family together, but this does not have to happen. We would discuss with those attending whether it might be helpful to include other family members.

Are the contents of the sessions confidential?

Yes. However, we work as part of the CF Team, and therefore it can be useful to share information with the team, your GP and community Paediatrician. If you feel that you do not wish for a specific piece of information to be shared, you are entitled to say so. However we do have to share information that puts your safety at risk.

Confidentiality and consent:

- Confidentiality and issues relating to consent will be discussed with you at your first meeting and you will have the opportunity to ask any questions you may have.
- Letters are exchanged between members of the team so that we can provide you with the best quality care. Copies of letters are also sent to your GP and community Paediatrician. However, if there is information that you do not want to be shared with the rest of the team you can talk to the Psychologist about this.

Translation and Interpretation Service

Do you have difficulty speaking or understanding English?

আপনি কি ইংরেজীতে বুঝতে কিংবা বুঝাতে পেরেছেন ? (BENGALI)

क्या आपको अंग्रेजी बोलने या समझने में कठिनाई है ? (HINDI)

તમે ભાષા કામઠી વાતચીત કરવામાં મુશ્કેલી આવે છે ? (GUJARATI)

ਕਿ ਤੁਹਾਨੂੰ ਅੰਗ੍ਰੇਜ਼ੀ ਬੋਲਣ ਜਾਂ ਸਮਝਣ ਵਿਚ ਦਿਕਤ ਹੈ ? (PUNJABI)

Miyey ku adagtahay inaad ku hadasho Ingriisida aad sahamto (SOMALI)

هل لديك مشاكل في فهم اوالتكلم باللغة الانجليزية ؟ (ARABIC)

你有困難講英語或明白英語嗎？ (CANTONESE)

کیا آپکو انگریزی سمجھنے اور سمجھانے میں دقت پیش آتی ہے؟ (URDU)

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