



## Royal Manchester Children's Hospital

# Information For Parents and Carers Of Children and Young People With Cystic Fibrosis

Clinical Psychology Department



This leaflet is for parents or carers of 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 the physical well-being of your child that your 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, 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 parents/carers with:**

- Adjustment to the diagnosis of cystic fibrosis
- Difficulties in coping with the demands of treatment
- Low mood/feeling low
- Worries or anxieties
- Fear and distress associated with medical procedures
- Behavioural problems
- Anger
- Eating or feeding difficulties
- Decision making around treatment
- Coping if health deteriorates
- Relationship difficulties
- Concerns about a child's development

## **How can we help?**

Clinical Psychologists can help with difficulties that children face about their 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.

- We are able to talk (with your consent) with other agencies that you are involved with, for example school, social services or medical teams. This can be helpful for parents and carers if there are several professionals involved with your child's care, as it can be difficult to find time to contact everyone and get a good idea of your child's progress.

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.

## Frequently asked questions

### Will there be a Psychologist at my child's annual review?

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

### 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 and your child 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, the early development of your child or children, 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 your child 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. This may involve asking you to keep records of your child's problem, or asking permission to contact other people such as Doctors, Nurses, Teachers, etc., who have had a lot of contact with your child.

## **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. The number of times you and your child see us will be agreed on an individual basis.

## **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. The individual needs of your child and family 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 children on their own, depending on their age and confidence. However, this would always be done in full discussion with 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; however, there is no obligation for this. We would discuss with those attending the meeting who it might be helpful to include in future sessions.

## 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 child's GP and community Paediatrician. If you or your child feels that you do not wish for a specific piece of information to be shared, you or they are entitled to say so. The exception is if we feel that your child's well-being is 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 or your child 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 child's 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.

You will be given the opportunity to receive copies of any letters written by the Clinical Psychologist about your child.

## Contact details

If you need any help and advice please contact the Clinical Psychologist on telephone number 0161 701 5683.

The department is open Monday to Friday 8.30am to 4.30pm.

## 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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