



Saint Mary's Managed Clinical Service
Division of Gynaecology
Department - Urogynaecology

PATIENT INFORMATION LEAFLET

Mesh Psychology Service

WHAT IS A 'CLINICAL PSYCHOLOGIST'?

Clinical Psychologists are trained to have an understanding of how people think, feel and behave. We use this to help people cope with difficult situations, feelings and, or experiences.

WHY IS THERE A CLINICAL PSYCHOLOGY SERVICE IN THE MESH SERVICE?

Clinical Psychology is not here because we believe people within the Mesh Complications Service will have major psychological problems. However, we recognise that mesh for pelvic organ prolapse or mesh for incontinence has the potential to result in exceptional challenges that people may not ordinarily face. This can include difficult symptoms such as pain, incontinence and reduced mobility. Trying to cope with difficulties alone can be difficult and does not always work.

Our role within the mesh service is to provide support to individuals for any mesh related difficulties they may encounter. We recognise that in addition to the expert care of your physical needs, having good social and psychological support is an important part of your overall wellbeing.

WHO CAN BE SEEN IN THE MESH PSYCHOLOGY SERVICE?

We offer appointments to anyone who requests support at any stage in their assessment or treatment whilst they are within the complex mesh service.

WHAT KIND OF ISSUES CAN MESH PSYCHOLOGY HELP WITH?

Whilst no two people will have exactly the same experience, the kinds of issues Clinical Psychology can support with include:

- Decision making in relation to treatment or surgery
- Preparing for treatment or surgery
- Coping with the impact of physical problems associated with mesh
- Coping with the impact of mesh removal surgery
- Confidence and self esteem
- Feelings of anxiety, low mood and depression
- Relationship difficulties

Sometimes people will come to us with difficulties unrelated to mesh. If this happens, we will try to support you to access services that better meet your needs.

WHAT SUPPORT IS PROVIDED BY MESH PSYCHOLOGY?

If there are mesh-related difficulties you would like help with, we offer individualised support for people who are being seen within the mesh service. This can include:

- One off discussions or suggestions
- Individual appointments (face-to-face, by telephone or video link)
- Signposting to other services

What a psychologist can do to help you will depend on your individual circumstances, but it may involve learning techniques or strategies such as relaxation, mindfulness exercises or guided imagery. It may involve exploring the way you think about things, how you relate to other people or how you respond to difficulties and whether making small changes to these could be helpful.

HOW DO I ACCESS THE MESH PSYCHOLOGY SERVICE?

If you would like our support you can let us know by telling another member of the complex mesh service e.g. your consultant or nurse, or by telephoning or emailing our secretary (see 'contact details').

Once you have done this, we will write to you to confirm that we have added you to our waiting list.

WHAT WILL HAPPEN TO THE INFORMATION SHARED WITH A CLINICAL PSYCHOLOGIST?

Details of discussions will be confidential unless there are concerns about someone's safety. Clinical psychologists follow the same rules of confidentiality as all hospital staff. They are part of the clinical team and some relevant information will be communicated to doctors and other health professionals involved in a woman's care, including your consultant and GP. Psychologists will record their meetings on a patient's electronic notes.

If you have any questions about this please ask your psychologist.

CONTACT DETAILS



0161 701 4455 – choose option 3 for Urogynaecology (ask for Demi Carter)



mesh@mft.nhs.uk @mft.nhs.uk

URGENT SUPPORT

The mesh psychology service is not a crisis service.

If you are struggling with your mood and cannot wait to speak to someone please contact your GP or urgent mental health support can be accessed by phoning 111 and selecting mental health option 2.

The following organisations can also provide confidential support from trained volunteers for free 24/7:

- **Samaritans**
Call 116 123
- **24/7 Crisis Text Service (SHOUT)**
Text 'SHOUT' to 85258