

## Patient information

### **Clinical Psychology Ventilation Service**

#### Clinical Psychology Department

Respiratory problems and their treatments not only impact on your physical health but may also affect how you feel and cope with many aspects of your life.

For this reason, you may wish to speak with a Clinical Psychologist about the emotional effects of your health problems.

This leaflet will tell you more about what a Clinical Psychologist does and why you might benefit from their services.

#### **What does a Clinical Psychologist do?**

Clinical Psychology is concerned with the way people think, feel and behave and the impact this may have on their everyday lives.

Clinical Psychologists specialise in helping people to cope with extraordinary circumstances – such as experiencing very ill health.

They can help people to deal with the emotional stresses and strains that can accompany serious physical illness.

#### **What can a Clinical Psychologist help with?**

You can talk to a Clinical Psychologist, in a confidential setting, about your health problems and their impact, your worries and concerns, your feelings, how you try to manage in your everyday life or about how treatment affects you.

By thinking together about these issues, you may find more effective ways of managing with your health problems.

#### **Working with a Clinical Psychologist may help you to:**

- Cope with hospitalisation.
- Make more sense of your current situation.
- Consider the impact of your health problems on yourself and those around you.
- Manage your treatment plan.
- Harness your existing strengths in coping with things.
- Deal with distressing thoughts and feelings.

## **How do I get to see a Clinical Psychologist?**

Your doctor, nurse or therapy staff may suggest that you talk to a Clinical Psychologist, or you can simply request this yourself.

If you are happy to do so, you will be offered an appointment.

## **What will happen at the appointment?**

The first meeting is an opportunity for you to get to know the Clinical Psychologist, to discuss the issues with which you would like help and to see if you would like to meet again.

The appointment will last about 50 minutes. You will then agree together whether to meet again, how often and for how many sessions.

## **Do I have to see a Clinical Psychologist?**

The thought of talking with a Clinical Psychologist may seem frightening or pointless but many people find that addressing the emotional stresses and strains of physical illness benefits their overall health and wellbeing.

It is your decision whether, or not, to see a Clinical Psychologist but please let us know if you no longer require our service.

## **Do you tell everything to my Consultant or GP?**

We write summary letters to your Consultant and GP and share important information with your care team.

If there is any sensitive information that you would rather not have shared in this way, please discuss this in advance with the Clinical Psychologist.

## **Where can I find more information?**

If you think you would benefit from Clinical Psychology, please discuss this with your respiratory consultant or other member of the multidisciplinary team.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**Clinical Health Psychology  
Oak House  
Aintree Hospital  
Longmoor Lane  
Liverpool L9 7AL  
Tel: 0151 529 3251**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی لهلایمن تراستهوه پسمند کراون، نگمر داوا بکرنیت له فورماتهای تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نملیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字  
体、音频、盲文、穆恩体 ( Moon ) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.

intree University Hospitals NHS Foundation Trust is not responsible for the content of any material referenced in this leaflet that has not been produced and approved by the Trust.