

Patient information

Inpatient Stroke Psychology

Clinical Psychology Department

Inpatient Stroke Psychology is located at wards 32 and 33 of Aintree Hospital and Ward 8 of Broadgreen Hospital.

What is a stroke?

A stroke is an injury to the brain where there has been an interruption in blood flow. This could either be a blockage, like a clot, or a bleed.

How might my stroke affect me?

Depending on where this happens in the brain, a stroke can have an impact on a range of different areas, such as:

- Our mobility.
- Our ability to communicate.
- Our cognition or thinking skills can also change after a stroke.

Your medical or therapies team will be able to explain how your stroke affects you.

A stroke is often unexpected and shocking and therefore this sudden change in health can affect:

- How we feel (our mood and our emotions).
- How we think about the future.

There is no right or wrong way to feel, and this can change with time. We may experience feelings such as:

- Overwhelm
- Anxiety
- Anger
- Guilt
- Low mood.

Who are the inpatient stroke psychology team?

Our team is made up of:

- Three Clinical Psychologists.
- One Assistant Psychologist who is supervised by a qualified member of our department.
- We also host placements for Trainee Clinical Psychologists who are at different stages of their training. They are also supervised by a qualified Clinical Psychologist.

How might psychology be able to support me while I am in hospital?

A member of your medical or therapies team may suggest psychology to you if they feel that it could be helpful. Psychology can support you with:

- Emotional changes following your stroke.
- Cognitive changes following your stroke (this might include further assessment of your thinking skills).

It is your choice about whether you would like to meet with a psychologist. If this is something you feel would be helpful, then please inform ward staff who can refer you to our team.

What items might be helpful to have while I am on the ward?

- Earplugs
- Eye mask
- Notepad and pen.

It may be helpful to consider asking a family member or friend to bring these items in for you. This may help to support sleep and relaxation or help you to remember information, if needed.

What support is available to me when I've been discharged from hospital?

When discussing your discharge from hospital, there are several other services or charities that may be able to support you after your admission. Here are a few stroke-related support options to consider:



The Stroke Association

Visit the website for details on the support they offer

Website: www.stroke.org.uk

Telephone: 0303 303 3100.



Different Strokes

Visit the website for details on the support they offer

Website: www.differentstrokes.co.uk

Telephone: 0345 130 7172.



The Brain Charity

This charity is based in Liverpool

Website: www.thebraincharity.org.uk

Telephone: 0151 298 2999.

What if I feel that I need more support with my mood?



Talking Therapies

Your local service can be accessed online or via telephone. You can also self-refer direct or discuss this with your GP.

Liverpool NHS Talking Therapies.

Website: www.merseycare.nhs.uk/our-services/liverpool/talking-therapies

Sefton NHS Talking Therapies.

Website: www.mhm.org.uk/talking-therapies-sefton

If you are referred to an Early Supported Discharge (ESD) team following your discharge from hospital, psychological support may also be available. Please speak to your rehabilitation team about this if needed.

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

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